

Grass Roots

Craft and self-sufficiency

For down to earth people

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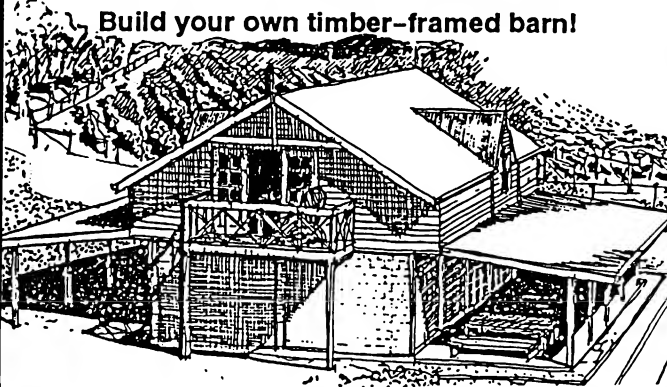
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Front cover: Christine Berry and friend. Donkeys have been useful to humanity for thousands of years. One of their lesser-known uses is in guarding smaller livestock from predation by dogs and foxes. See Christine's article about guard donkeys on pages 13-14.

Back cover: A productive suburban food garden. Many suburban GR readers have found a challenge in practising self-sufficiency skills within the confines of an average sized block. In this issue Vicki Judd and Poppy share their experiences, starting on page 4.

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We often receive cries from the heart from readers who feel despondent about all the negative aspects associated with suburban or city life and their lack of opportunity to practise the self-sufficiency skills they read about in GR. The 'self-sufficiency in the suburbs' theme is not new, but we never fail to be amazed at and admiring of the resourceful ways in which many of our readers incorporate self-sufficiency ideals into less than ideal situations. Here, Vicki Judd and Poppy share with us the ways in which they make the most of their suburban house blocks to create oases of self-sufficiency. They, and many others like them, show that enthusiasm and the willingness to start right where you are and make the most of what you have are more important than being able to own a dream acreage in the country.

ORGANIC CITY SLICKERS

by Poppy, Adelaide, SA.

Six years ago we began growing our own vegies on our quarter-acre city block. The information in GR has helped us to become self-sufficient in vegetables and some fruits (mainly apples, mulberries, grapes, avocado and persimmons). We also have 15 chickens which provide us with beautiful eggs.

Over the six years we have spent roughly \$2000 to set up our backyard to be as productive as it is today. We have carted in horse manure, mushroom compost and gypsum by the tonne. (Our soil is a good loam but very heavy and sticky and dries out rock hard.)

We have a large array of vegies and I make sure I only plant nonhybrid, open-pollinated varieties so I can keep my own seeds and eventually hope to have a permaculture system by letting seed fall and propagate itself. We feed our chooks organic wheat, bran and pollard, greens from our organic garden and, of

course, all the kitchen scraps. We don't put out much rubbish on Friday collection day.

My husband Andy (40) and I (46) are a couple of softies and we are doing the alternative lifestyle bit the easy way. Wereckon we have the best of both worlds, the comforts of civilisation. We have rainwater tanks, plenty of water (mains), electricity, organic food and city jobs which supply us with the money to be able to continue our GR lifestyle in the backyard. We find it's an ongoing cost.

Maybe there are some folk out there who would dearly love to be self-sufficient but cannot leave the city for various reasons due to their circumstances. (For instance, my three boys and grandson are here, so naturally I want to stay where I can see them regularly.) Or perhaps you know deep down you will never be able to save \$100,000 to be able to buy many acres. So why not

make the most of the rat-race? Rent a house with a big yard and go for it. It's easier to spend \$20 a week on the garden to get it set up than to pay off a huge mortgage. We haven't bought a vegetable in the shops for at least three years. You can do it. It's hard work but it's satisfying. I take my hat off to people who start from scratch in the bush. Personally, I don't think I would have the endurance to do some of the things I read other GR folk are doing. My husband calls it 'the hardships of country living'.

I urge everyone to try and grow their own food. It's amazing what you can grow in a small area. The effect on our health has made it all worthwhile. Don't wait until you are living in the bush, do it now. The sooner you start eating non-toxic food, the better off you will be.

From last season's crop I bottled tomatoes and froze beans, eggplant, car-



Poppy at work in her highly productive backyard. The wires at the front will support peas.

rots, parsnips, artichokes, and more. We had good crops of butternut, golden nugget, potatoes and onions. This season I hope to be using most of my own seed as I have slowly changed over to using only nonhybrid seeds. Many thanks to Phoenix Seeds, Eden Seeds and Diggers Seeds for their wonderful work, keeping our open-pollinated varieties and old heirlooms going so that we can benefit from them.

One of the main things we have done to increase the fertility of our soil is to mulch everything that comes out of the vegie garden. (There's plenty of vegetation at the end of a season.) We used to put the mulch into our two Gedye bins, but we now spread all the mulch into our chicken run. The chooks have a lovely time scratching through it all, at the same time they poo all over it and in a few weeks (probably 3-4) we have lovely compost. At the moment I'm using it to hill up my potato plants and it has been invaluable. We found we had to discontinue heavy mulching, firstly because it was impossible for seeds to come in contact with the soil to self-sow, and secondly it made the problem of slugs even worse.

I'm also trying the method of using car tyres for potatoes and adding more tyres and compost as they grow. One good aspect is that it's easy to hill up the compost around the plants as the tyres hold the whole thing together (will report on success or failure).

Last season I had quite a variety of beans growing. (My son's friends called me 'the bean lady'. They also called me 'the garlic woman' and many other things which I'm sure you don't want to hear!)

I grow my beans on trellises to save space. I knock in two tomato stakes about two metres apart and pull strings across at 75 mm intervals for the beans to grow up. When the beans die off I leave them there (just pull out the roots) and plant my peas, which love to climb up the dried old bean plants. A lot of my vegie growing friends here complain that they always have trouble with bean fly but I've never had any trouble. I always give them a good overhead shower in the evening, but then water is not a problem here.

We have eight asparagus plants and they kept us going. I have cut them all down and covered them with compost from the chicken yard. However the weather has been so mild up till now that they keep popping up all the time instead of being dormant.

We were late planting out the broad beans and as the weather was so mild the aphids were a problem. Ours are only about a foot high, not even that.

All our beetroots are in. Personally, I'm not terribly fond of beetroot, I do eat it as 'it's good for you', but I prefer the tops (like most Europeans). I wash them well, steam till tender, add a little salt, olive oil and lemon juice. Mmmm! They are delicious, a good source of dietary iron and you don't have to worry about oxalic acid, as in silver beet.

The broccoli has been going for a few weeks now. I like it done the same as the beetroot tops. Another thing which is really nice is to peel the skin off the stems which bear the heads and just eat them raw. They are really lovely.

We put in three types of cabbages this year, red (which are actually purple), sugarloaf, and spitzkrauter. They are doing well, but we lost a few to the snails, slugs, aphids. (You name it, we had it!) Some of my methods for pest eradication are: snail bait (I can hear everyone screaming!); washing the aphids off with a firm jet of water, but not hard enough to damage the plants. I find that the caterpillars of the cabbage moth like to sit on top of the uppermost leaves of the brassicas early in the morning, so I just go around and collect them and feed them to the chooks. Just lately they've been turning their noses up at them, so that's another mystery I will never solve. It also helps to go around knocking off the little eggs stuck to the underside of the leaves. Apart from the usual coleslaw, we like our cabbage sliced six millimetres thick, tossed in butter (after steaming) and with a little salt and pepper. It tastes quite different from the shop bought ones.

I followed a suggestion in a book about companion planting and planted a row of carrots and a row of onions. The onions are supposed to keep the carrot fly away, and the carrots are supposed to chase off the onion fly. A friend of mine said, 'Have you ever seen a carrot fly?' I said, 'No, but I've seen onion shooting!' Sad to say the onions are doing well, but the carrots look a bit worse for wear. But funnily enough, the carrots I planted between the cabbages and peas are thriving.

Speaking of peas, they are at their best at the moment (July). I've got trellises strung up all over the garden with the peas climbing up and at certain times of the day the whole scene looks ethereal because of the angle of the sun. Every-

thing gets a beautiful, soft, green glow.

We have twenty different kinds of lettuce but my favourite is the Australian Yellow Leaf Heirloom from Digger's Seeds. This season we want to try some new exciting varieties of tomatoes, cucumbers, capsicums, eggplants, beans, lettuce, pumpkins, rockmelon and watermelon. We're looking forward to telling you all about that next time.

A little tip passed on to me by my back neighbour for all those interested in bottling their tomatoes: Wash tomatoes, (bringing a large pot of water to boil in the meantime), place the tomatoes in the sink without the plug, pour boiling water over them and repeat. The skins come off without overcooking the tomatoes. Have jars ready and clean. (I use Cottee's jam jars and any others with the same type of lid.) Cut up tomatoes, depending on size, press down into jars, making sure there are no spaces. Fill to the top, clean outside neck of jar and screw lid on. Place in boiler with water reaching three-quarters up sides of jars. Bring slowly to boil, boil gently for 10 minutes, turn off heat and leave for half an hour. Remove, press down centre of lid with your thumb and screw lids tight. There is no need to add any liquid or brine to tomatoes. This is a good way to use empty jars, but keep an eye on the seals of the lids to make sure they are not perished before using them again next season.



It appears that gum trees predict a bad fire year by their heavy flowering, this seems to be controlled by the water table and surface soil moisture. If heavy rains come they drop their buds and go to leaf growth. The old aborigines used this information. This year (94) the blue mountain ash or silver tipped ash had the heaviest flowering in living memory.

If your house sits on top of a ridge with a western view and a fire approaches the slope, plan your fall back, seal the house and go. A fire's speed increases four times up a good slope. At the peak of the ridge it has a blowtorch effect. The Jannali/Como fire proved beyond all doubt this effect and the need to evacuate on ridge conditions. This is one case where you should not shelter in a house.

A SUBURBAN QUARTER-ACRE

by Vicki Judd, Boronia, Vic.

We've recently been forced to move from a half-acre block where the soil and drainage were so bad we could grow nothing, even with compost or manure added. The area had an abundance of apple, pear, plum and even some citrus and quince trees growing in parks and reserves, and I harvested and used their fruits. I even made use of the blackberries that over-ran the block. Now we are on an average suburban quarter-acre which initially supported nothing but a few bulbs and straggly shrubs, but rather than envy others and sink into depression over what I don't have, I prefer to make the most of what I do have.

We now have excellent soil and reasonable drainage so I've dug a vegie garden and started planting. I've put in peas, onions, lettuces, potatoes and rhubarb so far and have intentions of planting much more yet, including strawberries, watermelons, pumpkins, corn, tomatoes and celery. I hope to add apple, pear, apricot, lemon and plum trees as I can afford them, and maybe orange and mandarin. A passionfruit vine will be planted near the wire trellis out the front.

We have comfrey, valerian, rosemary, thyme, sage, bergamot, curry plant, marjoram, oregano, garlic, chives, parsley, mint, two lavenders and French sorrel in our herb garden so far, and this will also be extended when time and finance permit.

This will all take time to be producing results, but at least we've started something! One day we might have enough growing to be able to freeze, preserve, dry and bottle to keep up variety through the year as well as eating fresh and chemical-free foods in season, but for now we'll do what we can.

We have an organic growers group and a LETS group locally and I hope to join both soon, as well as take courses on bread making and various crafts at the neighbourhood house. I already knit, make yoghurt, jam, marmalade etc, do a few crafts (I'd like to be able to make a bit of money from this one day.), recycle jars and bottles for homemade jams, sauces, liqueurs. I've even made paper and chocolates.

I am planning on trying to dry some fruit this year (using citric acid as recommended in GR 101 instead of sulphur), probably apricots and bananas to



Establishing a new garden is hard work, but progress, while slow at times, is very rewarding.

start off with. Eventually I hope to get Jim to make me the flywire drier as per the plan also in GR 101. I'd like to buy an electric one too for use in winter when there is not enough sun and too much damp here in cold, frosty Boronia.

I am currently using up all my wool scraps to make up brightly coloured knitted squared that I will sew into quilts for our beds when I have enough of them. We have bought plenty of sheets (fitted and flat), blankets, a sleeping bag (it opens out to a quilt in an emergency) and curtains for the boys' rooms, and all for around \$25 at a local op shop. I plan to buy more wool there for our blankets when my scraps are used up, as well as clothes, books and toys for a fraction of new prices.

Maybe one day we will get a couple of acres out in the bush, but the only differences that I can see it making will be the size of our gardens and orchard, we will be able to keep chooks and other animals, and we will be away from shops and the pollution of city life. There will probably be more than that, but at least we are getting some practice in now, and even if we never get out of town, we will be healthier for eating organically grown food, and we are able to live

within our budget, which is no mean feat these days.

I forgot to mention it earlier, but all our kitchen and food scraps are divided into two containers, one (anything with meat or milk and some rice, pasta, fruit and vegies) goes to feed our dog Boris, who has a lovely shiny coat and doesn't smell doggy, and all else goes onto the compost heap to eventually feed the soil, which then feeds the fruit, vegies and herbs that will then feed and nourish us!

Any readers who might feel that they need a large block in the bush to live a GR lifestyle, think again. There is a saying that I've heard many times which seems to fit: 'Bloom where you are planted.' Do what you can, where you are instead of wishing life was different. I find that the only time I start to feel depressed about being stuck in suburbia is when I don't have enough else to do, so I have started to make an effort to fill my time more, not that I have much 'spare' time between my husband, kids, house, gardens, writing, shopping, accounting, knitting, crafts and cooking. I try taking a walk, reading, watching a video or TV show, listening to wonderful music, or taking a bubble bath; all help to relax me when the need arises.

A PET FOR CHRISTMAS

by Robin Stewart, Longwood, Vic.



Robyn with some of her unusual pets: two lizards which keep her company as she works.

A pet as a present can be the most precious gift of all, however the choice must take into account the recipient's home environment, budget, age group and needs. It is vital that the selection is right for the person, but it is equally important that the person is right for the pet, for an animal friend is not a toy to be tossed aside once the novelty has worn off. For this reason, impulse buying is not a good idea.

A large rectangular glass aquarium can make an excellent gift, for there are so many different creatures you can keep in this type of container. A water filter and an air pump are a wise addition, for they will assist greatly in keeping the water clear, and oxygen levels high for water creatures. If cost is a problem, second-hand aquariums are often available at greatly reduced prices. An aquarium can be a centrepiece of great beauty and interest in the home, a focus that draws the whole family (and guests!) together, to learn and wonder.

Crickets are fascinating animals to keep in an aquarium, particularly over the summer months. Often called 'the poor man's canary', crickets are kept as pets by the Chinese, who like to hear

them sing. They are also said to bring good luck to their owners. These musical insects respond well to life in a spacious aquarium set up to look as attractive and natural as possible.

Line the bottom of the aquarium with a layer of gravel, then sand. Now cover this with at least ten centimetres of soft soil. Make interesting hills and valleys, then add stones, bark and a couple of punnets of freshly growing grass. Keep your cricket garden moist but not waterlogged, and place the aquarium where there is plenty of natural light. Never leave it in the rain or in full sunshine. A flywire cover is essential.

To catch your family of eight to ten crickets, look under stones or pieces of wood, or pour cold water into cracks or holes in the soil – especially where you hear their cheerful high-pitched trilling and chirping. Crickets will not hurt you, so you can safely catch them with your bare hands. Try to catch equal numbers of males and females – the females have a long egg-laying tube sticking out from the back of their body. This will ensure interesting courtship and mating behaviour, as well as territory and weather reports from your males.

GRASS 7 ROOTS

Food is easy and cheap to provide. Bottle lids make good food and water containers, with sliced apple and crushed cereal, oatmeal or biscuit being favourite foods. When you tire of your crickets, set them free and progress on to a pet yabby, or a couple of axolotls or goldfish.

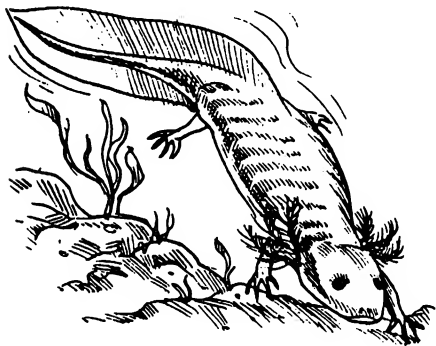
In order to set up a watery home for pets, prepare the aquarium then let it stand for at least one week before introducing animals. Washed sand, pebbles and rocks can be arranged to look very beautiful and natural. Live water plants can be added for goldfish, however plastic greenery will be required for yabbies and axolotls. Cover the aquarium with a sheet of glass.

Iridescent blue to opal-green yabbies make spectacular prehistoric looking pets. In addition, they have fascinating behaviour and distinct personalities that intrigue their proud owners. Yabbies can be purchased from pet shops or hatcheries, or you can catch your own from a farm dam, pond or irrigation channel during the warmer months.

A yabby requires high levels of oxygen in its water, so an air pump and water filter are essential. A cave is also needed, for a yabby likes to rest in a safe

hidden place. As yabbies are excellent escape artists, only partly fill your aquarium and check that plants and air lines do not provide a means of climbing out. Cover the tank with a glass lid.

Your yabby will be more active when the water temperature is over 20° C, and also more keen to eat. Fish pellets and finely sliced carrot are appreciated. Do not be tempted to feed meat as it may poison the water, especially if your pet hides the rotting meat in his cave. Over-feeding kills yabbies, so only feed sparingly. A yabby may be returned to a dam if and when a change of pet is desired. Maybe a couple of axolotls (Mexican walking fish) could now patrol this watery playground?



A long slippery tadpole-like animal, an axolotl has a strong muscular tail, a

head merged into its body, and four lizard-like legs with cute little toes. But its most exotic characteristic is a pair of feathery gills worn as horns on its head. Axolotls eat small strips of raw meat from your fingers and will tame so that they rest happily on your hand, which is held just beneath the surface.

Both axolotls and yabbies need to be fed every three days or so during warm weather, and less frequently throughout winter (unless your home is centrally heated). Do not keep axolotls, yabbies and goldfish together, as yabbies are fierce hunters!

Ferrets, kept indoors as house pets, have to be one of the most endearing of all animals. Curious, bold and fun loving, they make an ideal pet for an adult or older child, however they will not tolerate teasing. To ensure healthy, good natured animals, with no unpleasant smell at all, it is wise to have your pet vaccinated against canine distemper, as well as desexed and descended by your vet, at six to seven weeks of age.

Ferrets are easy to train to an indoor litter tray. The only other things they require are a cosy sleeping box, a water bowl and feeding area, and some toys (boxes, balls, cotton reels etc). Feeding is easy and inexpensive. Simply provide good-quality dry cat chow in a heavy

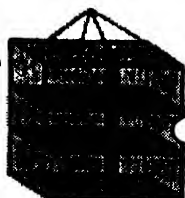


plate, with an occasional treat of canned cat food or fresh meat.

As a highly intelligent creature, the ferret learns quickly and is especially responsive to food rewards, voice praise and stroking. They will learn to retrieve like a dog, beg, roll over, play all manner of games, walk on a lead, and can even be persuaded to share a bath with their owner! In addition, a ferret will fill a home with laughter, love, companionship and affection. What other gift has this potential?

Robin's latest book, *New Faces: The Complete Book of Alternative Pets*, describes all aspects of keeping and caring for a wide range of unusual pets. As well as those mentioned in this article there are lizards, snails, hermit crabs, tortoises, tadpoles and frogs, and many more. The book is published by Agmedia, distributed by Penguin, and is available at newsagents and book shops. RRP \$29.95.

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The Australian Cancer Society's new project is to increase the awareness of holiday makers about the risks of skin cancer and the simple measures which can be taken to minimise these risks. The society's message is just as relevant to GR gardeners and farmers who spend a lot of their time outdoors. So if you are going on holidays this summer, or simply doing your normal outdoor tasks at home, the following information and advice will be of benefit; it could prevent a lot of pain, and may even save your life.

SKIN PROTECTION

from The Australian Cancer Society

Recent research has found over two-thirds of holiday makers were sunburnt even though most had used sunscreen. According to state cancer councils this could be because Australians rely too much on sunscreen and many people don't know how to apply it properly. Sunscreen is just one part of total UV protection to prevent skin cancer.

Many people believe you can't have had a good time on holidays unless you come home with a tan. The truth is a tan is not a sign of health or a good holiday, but a sign that your skin has had enough sun to be damaged. It's not much fun having to sit inside on your holiday with stinging, burnt skin as a result of going overboard in the sun.

State cancer councils are encouraging everyone to have an even better holiday by making it SunSmart, and covering up while outdoors. People should remember you can't go out in the sun all day and feel safe because you've got sunscreen on. Your skin is still at risk of damage if you don't take the necessary precautions of wearing a broad-brimmed hat and T-shirt and seeking shade where possible.

SUNSCREENS

It is recommended that a water-resistant broad spectrum SPF 15+ sunscreen be applied to clean, dry skin 20 minutes before going outside so it can be properly absorbed. Sunscreen should be reapplied at regular intervals, as many people don't realise day-to-day activities such as wiping your brow, swimming or sweating can result in the sunscreen being rubbed or washed off. A broad spectrum SPF 15+ sunscreen will protect you from approximately 94% of ultra violet radiation, but your skin will absorb some UV as long as you remain in the sun. Unless sunscreen is applied properly before going out, and reapplied, it may not even block 94% of UV rays. The best sunscreen is SPF 15+, broad spectrum and water resistant. Broad spectrum means the sunscreen blocks out both UVA and UVB rays (those that cause skin cancer).

Australia is leading the world with



SPF 15+ sunscreens which block out at least 94% of UVB rays. Those with broad spectrum cover also block out at least 90% of harmful UVA rays.

Try to plan your holiday activities so they're not in the middle of the day but if you have to be outdoors between 11am and 3pm daylight saving time:

- SLIP on water resistant, broad spectrum 15+ sunscreen.
- SLOP on a tightly woven shirt.
- SLAP on a wide-brimmed hat.

It only takes one bad sunburn for your skin to be irreversibly damaged so play it safe this summer. To get the most out of sunscreens apply SPF 15+ water resistant sunscreen evenly, about 20 minutes before you go outside; take time to ensure you have covered all the exposed skin with sunscreen, from your head to your toes; re-apply sunscreen every two hours, however this does not mean you can stay out in the sun longer than the time period recommended.

Expiry Dates

Use-by dates on sunscreen will insure people against buying sunscreens which are ineffective due to time spent on the shelf. From September 1 this year all manufacturers are required to display use-by dates and storage conditions for all sunscreens. There are many factors which affect the life of a sunscreen, but most have a shelflife of two to three years.

Exposure to heat or oxygen, different chemicals reacting against each other and the make-up of other chemicals changing over time means the active ingredients in sunscreen eventually deteriorate. State councils recommend sunscreen be kept in a cool dry place with

the lid tightly screwed on to get maximum effective use from it. Exposing sunscreen to heat, such as leaving it on the car dashboard, reduces the sunscreen's effective life.

Signs that a sunscreen is past its effective use could be a change in colour or a strange smell. There is no research to suggest sunscreen beyond its expiry date is harmful, although it may not be effective in blocking out UV radiation.

BEST PROTECTION

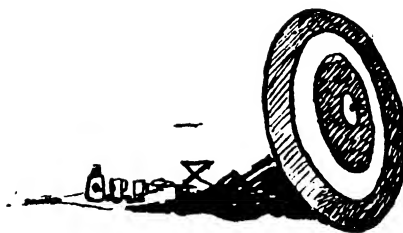
The best protection is to avoid the sun around the middle of the day, seek shade wherever possible, wear a broad-brimmed hat, protective clothing and sunglasses and then use a broad spectrum, water resistant SPF 15+ sunscreen on those areas left uncovered.

SKIN CANCER INFORMATION

- Two out of three Australians will develop skin cancer in their life. This is the highest rate in the world and is caused by over exposure to the sun.
- There are over 5000 new cases of melanoma reported in Australia each year, with about 150,000 new cases of other skin cancers. More than 1000 Australians will die each year from skin cancer.
- New research indicates over two-thirds of people burned while away on holidays. Of these, most had relied too heavily on sunscreen.
- The research also showed 50% of people aged 18-29 and 45% of people aged between 30-39 got sunburnt on their holidays.
- Most damage to the skin caused by over exposure to the sun occurs in adolescence, and this is a major risk factor in the development of skin cancer later in life.
- A tan is not a sign of health, it is a sign that the skin has received enough UV radiation to be damaged.
- Sixty-six percent of the day's UV radiation occurs between 11am and 3 pm (daylight saving time). This is the most dangerous time for people to expose their skin to the sun.
- Fair-skinned people are at greater risk

of skin cancer than dark-skinned people, but people of all skin types are at risk.

- Sunscreen used alone is not an adequate means of protection against skin cancer. When outdoors it is important that people wear a broad-brimmed hat and long-sleeved shirt in addition to sunscreen. To protect against eye damage, use wrap-around sunglasses.
- There's no such thing as windburn. The last time you thought you were wind burnt, you were actually sunburnt from UV radiation. Wind mainly dries the skin, it does not burn the skin.
- The risk of sunburn is much greater high on a mountain slope than at sea level because the air is thinner and there is less atmosphere to filter out harmful rays. This is particularly important for hikers and tourists who holiday in the mountains as research shows that ultra-violet radiation increases by around 15% for every 1000 metres above sea level.
- Don't be fooled by cool temperatures. A cool day may contain the same UV radiation levels as a hotter day. You may become more burnt on a cool or cloudy day than on a sunny day because you tend to stay out longer.



- Sitting in the car with the windows open can lead to sunburn if the sun is shining on the skin. As about 75% of tourists travel by car to their holiday destination it is important they apply sunscreen to exposed skin before they begin their journey, and wear a long-sleeved shirt with a collar to protect the arms and neck.
- Consult your doctor if you have a new spot or a spot that has changed in size, colour or shape.
- If detected early, skin cancer has a 99% cure rate. The earlier a suspected skin cancer is reported to your doctor, the better the success of treatment.

IN THE GARDEN

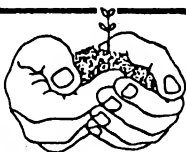
Gardening is one of the most common ways people get sunburnt over summer, and when on holidays many people take

the opportunity to work in the garden. Apart from the normal precautions, (wear a broad-brimmed hat, good clothing cover and broad spectrum SPF 15+ sunscreen), the state cancer councils have some commonsense tips for gardeners.

- Plan activities so that you are not in direct sunlight, particularly between the hours of 11am and 3pm (daylight saving time), when UV radiation is strongest.
- If you wish to garden during these hours, follow your garden's shade patterns.
- Gardening gloves give the hands good protection from the sun as well as from pests.
- Don't be caught out by cool weather or cloud cover. You can still burn so don't forget to cover up.
- Try to ensure surrounding paving and garden sheds are not reflective or shiny. A good idea is to cover walls with creeper plants, or paint them in matt paint with darker colours.
- In frequently used areas of the garden, ensure there is shade to provide relief from the sun for family and friends. This can be done by using umbrellas, building shade structures or planting shade trees.

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BEANS MEANS – VARIETY

by Bill Hankin, Secretary of the Heritage Seeds Curators Association.

In recent years there has been an extraordinary resurgence of interest in heritage varieties of vegetables and fruits in Australia. Some seed companies have responded to this popular demand by introducing a wide range of rarer vegetable varieties. Some, like Phoenix Seeds, Eden Seeds, Bay Seeds and Green Patch Seeds, have specialised in providing these heirloom open-pollinated heritage varieties. Others, like Diggers Seeds and Potager, have adjusted their seed lines to take account of the interest. However one vegetable has been ignored so far in this process – *Phaseolus vulgaris* or the common garden bean.

I am a bean curator. I would dearly love to see the widespread interest by gardeners and small farmers in heirloom tomatoes, pumpkins, apples etc spill over into growing beans as well. And there are plenty of heritage varieties available.

We can all grow beans. They are so easy and so productive. They have long been a vegetable gardener's summer standby. Yet since the 1950s most Australians have grown only 'Green Stringless' bean varieties. The enormous genetic, ornamental and culinary diversity of *Phaseolus vulgaris* has gone largely unnoticed.

I currently have seed of about 200 different varieties. Many are extremely rare. So rare in fact that I only share seed of them with other curators who will grow them out and make seed available in turn via the Heritage Seeds Curators Association or Seed Savers Network. Others, however, I have in larger quantities which are available to anyone willing to have a go!

A POTTED HISTORY OF BEANS

Beans originated in central America and were domesticated by the native American Indians, primarily as a high protein food to be stored for use in winter. Almost all these varieties are climbers or

twiners and need poles to grow up. However the Indians in the colder climate areas of North America with shorter summers, selected for shorter bush varieties. The Mexican '*refritos*' and canned baked beans are the modern descendants of these types.

After the European discovery of the Americas, bean seeds were taken back to Europe. At first, as told in the *Jack and the Bean Stalk* story, they were highly prized. In Europe more varieties were developed. In Italy, Croatia, Greece, Serbia, France, Macedonia, the Ukraine, varieties were also developed by peasant farmers for 'shelling out' when the pods were dry but before the seed itself had dried. These shell-out varieties are the varieties known as Barlotti beans or Flageolet beans.

In the nineteenth century further selection and crossing, particularly in France and the USA, led to the development of 'green' bean varieties. The pods of these types were bred for tenderness and fleshiness, to cook as a green vegetable. Green beans became a popular cash crop for farmers selling in the new big industrial cities of Europe, America and Australia. One major factor leading to this was simply that these green pods were available as food earlier in the growing season. Bush varieties that produced a tightly timed crop of tender pods were preferred for these markets.

However many of these types had tough 'strings' joining the seams of the pods. Cooks needed to string them before cooking. This was considered a big problem as the new cash crop farmers thought it discouraged sales. Some farmers sought varieties that were stringless and these were developed by seed companies and became dominant in the 1940s and 50s. Again the breeding process emphasised bush varieties that produced tightly timed crops of round tender pods. More recently, these types have been bred to bear the pods high up

on the plant to allow mechanised harvesting. These are the green beans you see in greengrocers and supermarkets.

These green bush varieties are frequently PVR (Plant Variety Rights) protected varieties. We are not supposed to save seed from them and grow them out the following year. But frankly, who would want to anyway? The long process of breeding has bred out many of the characteristics that gardeners and small farmers want in their crops. We want varieties that flower and crop over a long period of time. We want varieties that have heaps of flavour. We want varieties that are reasonably resistant to pests and disease so that we don't have to dose them up with expensive and toxic sprays. We also want varieties that are distinctive and have character – not just plain green beans! These varieties are now becoming available again.

HERITAGE VARIETIES

Over the past seven to eight years I have gradually built up a collection of 200 bean varieties. Some of these came from seed companies, but the majority of these varieties have not. Many have come from dedicated older Australian gardeners who have preserved them by growing them out each year. For example, in north-east Tasmania a family of gardeners has grown for three generations, a zebra type climbing bean that is excellent eating. It is a unique Australian variety that was found in this family's garden. It is now known simply as Lohrey's Climbing Bean after the family that found and preserved it.

Another gardener named Graeme Kerison of Beaconsfield in Tasmania has curated numerous bean varieties given to him over the last 30-40 years. These include three very distinctive ones originally distributed by Goodwin's Seeds in Tasmania, but now unavailable from that company: Goodwin's Purple Bush, Bush Butter bean and Bush Barlotti



GRASS 11 ROOTS

bean. Graeme in recent years has become crippled by arthritis and cannot garden as he once did. One very rare variety, the Magpie Butter Bush bean, that he curated for a long period of time and distributed via the Seed Savers Network now seems lost.

Other bean varieties in my collection have come to Australia in the pockets of migrants. In the 1900s member of an Italian family who settled on Phillip Island brought with them their own family bean varieties from the Castel Del Franco district of northern Italy. More recently the Sangre De Toro (Bull's Blood) bean came to Victoria in the late 1970s with some El Salvadorian refugees. An elderly refugee lady from the Ukraine brought an unnamed climbing butter bean to Australia that is unknown anywhere else in the world. Other bean varieties have come to Australia from the Netherlands, Italy, Greece, Yugoslavia, France, Mexico, the United States of America – in fact from all over the world.

However hardly any of these heritage varieties are cooked in the way that Australians have traditionally prepared them. Some are eaten as 'fillet' beans as in the French restaurant style. Here the plants are allowed only to form very thin tender seedless pods before they are harvested and cooked. Prepared the right way – sauteed in butter – they are excellent. Potager Seeds has one fillet variety called Flecoro, developed especially for this gourmet cooking style, but many green snap beans can be harvested at this stage. The catch is you need a lot of plants to make a meal!

As mentioned earlier, a lot of beans are eaten at the stage when the pods are dry but the bean seeds are still fresh. Examples of these are the green-seeded Flageolet beans of France or the particular coloured Barloti beans of Italy. Many



Italian mothers have special recipes handed down in the family for preparing Barlotis. The seeds of other varieties are allowed to completely dry before being harvested. They are then harvested and stored for use in soups or stews or baked bean dishes during winter. One rare example of this type is the Box Climbing bean from England that my father once grew. This has such beautiful maroon and cream markings on the seed that my daughter renamed it 'Yin Yang'. Another rare example is the Lemon Yellow Seeded Twiner bean. This only needs to be soaked for three to four hours before cooking and makes excellent baked beans.

Another variety commonly sold in Australia for use in soups and baked bean dishes is the imported white-seeded Great Northern bean. This very old heirloom strain was originally developed and grown by the Indian farming tribes living on the Missouri river in North America. In the 1880s it was adopted by the white settlers and later became a US staple food. I have grown this from seed bought in a health food store. They grew easily and prolifically with lots of pods full of seed. The organically home-grown ones also tasted far,

far better!

All of these varieties and others can be obtained from members of the Heritage Seed Curators Association. This means becoming a member of the HSCA, which costs \$20. A more limited range of varieties is available via the Seed Savers Network. Again this means joining SSN and also costs \$20. Some heritage varieties can be bought from seed companies. Phoenix seeds has 11 varieties in its catalogue, including heirloom varieties such as Molly's Zebra and Dutch Brown beans. Eden seeds this year is offering 14 varieties of heirloom beans. A new seed company, Green Patch Seeds, has the Australian heirloom climbing bean, Lohrey's Special, and also offers two or three rare traditional American and Mexican ones. Potager Seeds offers seed of six varieties including a dwarf bush barloti called Bushfire.

So give beans a try! Not just for green snap pods, but also for fillet use or in soups or baked. Naturally I am interested in hearing from GR readers who have old varieties. If you have such a variety please let me know. We are also looking for some old Australian heritage varieties – for example Staley's Surprise and Startler Wax bush beans.

Seed Sources

Heritage Seed Curators Association, W-Tree via Buchan, Vic 3885. Ph: 051-550-227.

Seed Savers Network, PO Box 975, Byron Bay, NSW 2481.

Seed Companies Mentioned

Diggers Seeds, 105 Latrobe Parade, Dromana 3936.

Eden Seeds, MS 316, Gympie, Qld 4570.

Green Patch Organic Seeds, PO Box 1285, Taree, NSW 2430.

Phoenix Seeds, PO Box 207, Snug, Tasmania 7054.

Potager Seeds, PO Box 5089, Alphington, Vic 3078.

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GRASS 12 ROOTS

THE GUARD DONKEY

by Christine Berry, Maitland, NSW.

Donkeys are versatile animals and have for thousands of years been the most useful and reliable animals on earth. Sheep and goat farmers sing the praises of the donkey for its role in protecting their stock from dog, fox or dingo attack.

Donkeys are employed in Australia and many countries overseas to help cut down the severe losses experienced by sheep and goat farmers due to predation, or by the loving pet goat and sheep owner who wishes to keep them safe during the hours they are unattended by humans.

The idea is that the donkey will defend the flock or herd based on its own natural dislike of strange canines or intruders into his territory. A donkey will not harm the farm or family dogs once he is familiar with them and understands that they live on the farm and pose no threat to himself or the animals in his care.

There are some important steps to take when considering employing a donkey to protect sheep or goats on the farm. Firstly, the donkey must be a well handled jenny (female) or gelding (castrated jack donkey), never a jack (entire male). Secondly, select a healthy, mature donkey in good condition with sound

hooves, which has been raised among goats and sheep, as it will be ready to work immediately. Otherwise, the recommendation is to buy a weanling and introduce it to the goats immediately upon its arrival so it can look to them for company and start a bonding process. The weanling will take some time to be a true protector as it needs maturity and experience to be a professional at its job, but in time it will be the master herd protector.

Any new donkey, mature or weanling, must be introduced to the sheep or goats through a fence and a period of time allowed to pass before actually allowing him into their paddock. A weanling must be familiarised with sight, smell and habits of sheep and goats through a fence, and eventually be led out into their territory and reassured by his handler that all is well, and that the sheep and goats are to be his friends.

A donkey loves company and will quickly adopt the flock or herd as his companions and will graze and sleep with the little animals. If an intruder disturbs the flock or herd the donkey will quickly guard them and sound an alarm bray, followed by a fearless charge with ears flat back and teeth bared and a pair of striking forelegs. Woe betide

the dog, fox or dingo.

To place a new donkey directly into the paddock with goats or sheep unknown to him may mean disaster and the donkey will become the problem by attacking or chasing the little animals forcing them through fences or even killing them.

During kidding or lambing season the new donkey must be watched closely to determine whether he understands that new charges are being born. He could mistake them for intruders. It is often ideal if the pregnant ewes and does are brought into their birthing paddock close to the house and the donkey placed into an adjoining paddock or yard while the first few births take place and the sight of the newborn is accepted. Common sense is the key always.

The stories are unlimited about the success of running a donkey with goats and sheep, however a pack of dingos or dogs may split up and while the donkey is chasing off several dogs, others will bring down a lamb or kid. On one occasion only have we heard of the donkey being injured by a pack of dogs, so always reserve your judgement if this misfortune should occur.

A donkey needs to be cared for as much as the sheep or goats that he pro-



A donkey will happily adopt a flock of sheep or goats and diligently guard them from many predators.

fects. He must be dewormed, deloused with equine preparations (not goat medications) and be fed supplements and offered mineral licks suitable for donkeys (equine feed) not goat mix or wheat. His hooves will need attention regularly. A relationship with humans must also be established during the first few days/weeks to ensure the donkey will come when called, bringing the herd or flock behind him. The wise stud manager takes the time to do his homework to learn about the nature and the needs of the donkey and will succeed in happily integrating the donkey and his stock.

DRENCHES IN HORSE MANURE

Ensure that horse manure added to your compost or worm farm is safe from the effect of the drenches used to kill parasitic intestinal worms in the horse. Chemical drenches are designed to be effective for at least thirty days so that young parasites hatching in the manure are destroyed also. Unfortunately, it will also kill earth worms. Ensure that the manure is drench-free or aged for a month or more before adding to the earthworm's diet.

AGENT ORANGE CHEMICALS

The Biological Farmers of Australia (BFA) demands federal and state governments take action to protect consumers from the effects of herbicides following the announcement of Federal Minister for Veterans affairs, Mr Con Sciacca, of recognition of the link between Agent Orange and cancer. Agent Orange contains chemicals that are still being used on food crops throughout Australia. The BFA warns that the continued use of these chemicals poses a threat to the health of all Australians – in the rural communities that use them and in the urban communities that consume food contaminated by them.

Organic farmers have been warning Australian governments and consumers for decades of the risks posed to Australians' health by herbicides and pesticides used on crops. The Executive of Biological Farmers, asserts that the Federal Government, having now admitted responsibility for cancers amongst Vi-

etnam veterans caused by Agent Orange, must also accept responsibility for the health of Australians consuming these herbicides used on their food over the last forty years. Governments must accept responsibility for screening food-stuffs, and fulfil their responsibility to consumers. Not all governments accept the need to screen farm produce for the herbicides they contain – chemicals such as 2,4,5 T and 2,4-D used in Agent Orange.

Whole rural and farming communities have been grossly exposed to these same chemicals and should equally be compensated for the damage done to them. Until these chemicals are banned to the benefit of the future health of this nation all consumers can ensure they have chemical-free food by buying food that is formally certified as organically grown and processed.

For more information contact: Stewart Ross,
Ph: 06-249-1960, fax: 06-247-6060.

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GIFTS TO DELIGHT THE SENSES

by Rita Summers, Herrick, Tas.

Everyone appreciates a gift you have made yourself. When that gift has the mystique and fragrance of herbs and other old-fashioned plants, it is all the more special. If you save pretty or unusual bottles to use as containers, or dress up more mundane jars and bottles with ribbon and caps made from pretty cottage prints, you have a truly unique present. Apart from a mortar and pestle, you don't need anything special – just patience, time, and care. Labour-saving devices, such as a blender or food processor, are helpful, but not essential.

EAU DE COLOGNE PERFUME

- 4 tbsp fresh rose petals
- 1 tbsp fresh basil leaves
- 1 tbsp fresh peppermint leaves
- 2 tbsp grated orange peel
- 1 cup vodka, or rectified spirit (available from chemist)
- 2 cups boiling water



Soak the rose petals in vodka or spirit in an airtight jar for a week. On the seventh day, crush the herb leaves and steep, with the grated orange peel, in boiling water. When cool, strain both liquids and mix thoroughly together. Store in an airtight bottle.

HERBAL VINEGARS

Loosely pack two cups of washed, dried and bruised fresh flowers or herbs into a wide-mouthed glass or ceramic pot. Include some bergamot and balm in each mixture to make the vinegar more invigorating and astringent if using as a bath vinegar.

Fill the pot with five cups of cider or wine vinegar, cover tightly, and steep for 10 days, shaking once a day. If a little of the vinegar placed on the back of the hand doesn't smell aromatic enough at the end of this time, strain and repeat the process with fresh flowers or herbs. Strain after 10 days.

For culinary use, try tarragon, savoury, basil, marjoram or sage, and use to add a special touch to your salads and other dishes. Store in tightly capped jars or bottles.



tarragon

BATH OILS

Use oil immediately after a bath when the body is warm and skin pores are open and receptive; alternatively, pour some in the bath water while the taps are running, and then soak yourself!

Rose Geranium Oil

- ½ lt sunflower or safflower oil
 - 7 parts fresh, highly scented rose petals
 - 3 parts fresh rose geranium leaves
- Pour the oil into a glass bowl and add to it as many petals and leaves as can be absorbed.

Cover with a glass lid and leave in the sun for two days. Strain through cheese cloth and squeeze as much oil as possible into a clean bowl. Discard petals and leaves. Replace with fresh ones and repeat the procedure until you are satisfied with the strength of the fragrance. Bottle and cap tightly.

Variations – use just roses; rose petals and rosemary; rose petals and lemon verbena; roses and patchouli leaves, etc.

HERBAL OILS (medicinal or culinary)

Fill a screw-topped jar two-thirds full of a good quality bland oil (eg. safflower or almond – not peanut or olive oil). Bruise a good handful of the herb of your choice, adding a little white wine vinegar as you go – about one tablespoon.

Add the crushed herb and vinegar mixture to the oil. Seal the jar tightly, then shake it vigorously. Stand it on a hot sunny window ledge, or in the warm (not hot) zone of a radiator, oil heater, or fire. Shake it well every day for three weeks.

Test the oil by rubbing it on your skin. If the fragrance is still there after a few minutes, the oil is 'done'. Strain, bottle, and seal. If it is not ready, add fresh, bruised herbs to the strained oil, and stand the jar in a sunny or warm place for another two weeks, shaking it every day, as before.

Medicinal Uses

Rosemary: tired headache (rub on temples to soothe and relax); crows' feet around eyes (rub into skin at temples).

Peppermint: muscular tiredness (rub on affected muscles).

Lavender: painful, rheumatic joints (rub on joints to relax).

Thyme: migraine headaches (rub on tem-

ples as a powerful relief for tension and stress); antiseptic for cuts or grazes.

Basil: headaches (rub on temples to clear head and brain).

Marjoram, oregano: dizzy spells (rub on temples); stiff joints or cramp after strenuous exercise (rub on affected joints).

Sage: sore gums (rub on gums to stimulate and harden them).

Culinary Uses

In cooking, use herb oil to saute or fry onions or other ingredients when preparing dishes, or use as a dressing for salads. Many herbs have a special affinity for certain foods.

Basil: any Mediterranean or Asian dish, and delicious with tomato, zucchini, pasta, or egg dishes.

Bergamot: pork, any savoury dish which uses orange (Chicken L'orange for example).

Lovage: will add a meaty flavour to any vegetarian dishes.

Marjoram, oregano: tomatoes, any Italian dishes, casseroles, soups, coleslaw; very good marinade for meats if a crushed clove of garlic is also added (marinate meat for at least 2 hours).

Parsley: almost anything!

Rosemary: rub on joints of meat before baking; suits any meat, especially lamb, pork and ham.

Sage: poultry, onions, cheese dishes, vegetables.

Savoury: beans, peas, squash and marrow family, chokos.

Tarragon: fish, tongue, poultry.

Thyme: accompanies grilled or roasted meat and vegetables.



ROSEWATER

Choose roses which have a strong fragrance and use only the petals. Wash them carefully and place them in a heat-proof glass or stainless steel container. Cover with boiling water, enough to just cover petals. If possible, use rainwater. Allow to cool, strain, and bottle.

Variation – to make lavender water, substitute lavender flowers for rose petals. For a more strongly scented rosewater, use half rose petals and half rose geranium leaves.

ROSE AND LEMON HAIR SPRAY

To one cup of rosewater, add two sliced juicy lemons. Bring to the boil, then simmer until all the juice has been extracted from the lemons. Strain and cool. Transfer to an atomiser bottle. Use in the same way as conventional hair spray or lacquer.

PEPPERMINT HAIR RINSE

This is useful for restoring the acid balance of your hair, especially if it has been permed or bleached.

Simmer half a cup fresh peppermint leaves in one litre of water for a few minutes. Strain, then combine with one litre of cider vinegar and bottle. Use as a final rinse after shampooing and rinsing your hair in the normal manner; do not rinse off.

PEPPERMINT FACE MASK

Use this refreshing facial after cleaning off your make-up, or just to pamper your skin.

Blend two tablespoons dried peppermint leaves with eight tablespoons oatmeal. Grind very finely, either in a blender or with a mortar and pestle. If using immediately, add just enough hot water to make a thick paste. Spread on your face and leave for five minutes. Wash off with lukewarm water and rinse with cold.

If using later, or if presenting as a gift, store this in an attractive container in its powdered form and add a label with instructions for use.





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MAKE AS YOU GO POTPOURRI

This is an old-fashioned method of making potpourri, usually called a wet potpourri. The difference between this method and the more well known dry one is that the wet potpourri uses almost fresh flowers, petals, and/or aromatic leaves. The ingredients are added layer by layer as they are available. If you have only one rose bush, take heart! Eventually, you will have a jar full of fragrant mixture.

After collecting the materials you have available, spread them out on newspaper in a warm, airy place until leathery to the touch (one or two days is usual). If they become crackly, with a papery feel, they have been dried too long for this method of making potpourri.

Using a large glass jar with a close-fitting lid, begin with a layer of fragrant petals or leaves, mixed, or all of one kind, about three to five centimetres deep. Sprinkle with a little ground allspice and cloves, some dried powdered citrus peel, a drop or two of essential oil (your choice), and a little alcohol, brandy, or Polish spirit. The latter acts as a preservative. Cover this layer with salt (not iodised) to hide the petals completely. Add more layers of material in the same way, as they come to hand, until the jar is full. Keep covered in dark, cool place for at least six weeks after filling.

The potpourri can then be crumbled and placed in suitable receptacles around the house, or presented in attractive jars, sachets, ceramic or terracotta pots.

To Dry and Powder Citrus Peel

Save the skins every time you eat an orange or mandarin. Lay them on paper kitchen towels or newspaper in a warm place until dry, then powder them in your blender, or with a mortar and pestle. If you want a chunkier texture, mince the fresh peels in a processor or dice finely by hand, then dry on paper.



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POP-UP CARDS FOR SPECIAL OCCASIONS

by Wanda Wright, Maryborough, Vic.

Are you sick of buying a card for someone only to find out that they already have three of the very same card? If so, here is an easy way to guarantee that your card will be one of a kind (unless there is a *Grass Roots* get-together!).

MATERIALS & EQUIPMENT

paper – Kent (medium weight white in double postcard size)

– tracing

all-purpose glue

masking tape

eraser

pencil (H or HB)

protractor

cutting knife (a circle cutter works better for curves)

rulers – clear plastic & steel

thick and thin stylus pen

compass

pointed tweezers

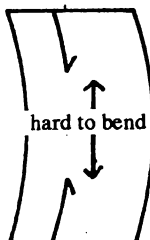
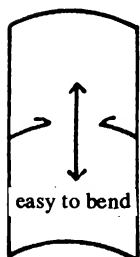
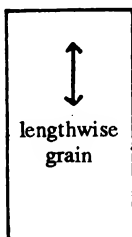
Optional

additional sheet of Kent paper, same colour or contrast colour

decorative materials – coloured paper – glitter

Use one sheet of 20cm x 15cm white Kent paper. Wood fibres have a tendency to run lengthwise in the process of paper making, therefore most paper has grain. For these cards, use the paper that has the grain running along the long side of the paper. If the paper is folded against the grain, it is more sturdy and stands well. Whereas, if folded along the grain, it will curl and bend down. To find the true grain, bend the sheet of paper: if it bends easily, then it has a lengthwise grain. If not, it has a crosswise grain.

To Find Out the Grain



METHOD

These cards are made by cutting and folding as indicated.

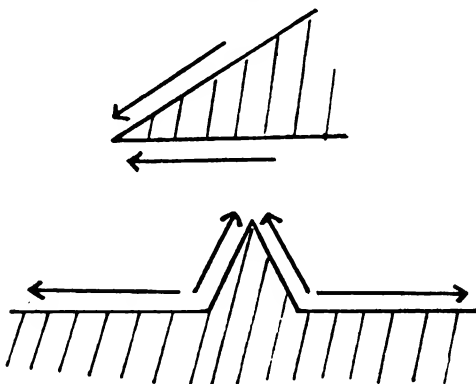
How to Cut the Pattern

The easiest way to enlarge the patterns shown is to get them photocopied, increasing the size until you have a 20 x 15cm card.

Tape the original pattern to the surface you are working on to keep it from moving and then tape a sheet of tracing paper over the pattern. Trace the pattern onto the sheet of tracing paper, using the plastic ruler for straight lines and either the compass or protractor for the curves.

Use masking tape again to hold the sheet of Kent paper still and then tape the traced pattern on top. Transfer the pattern by perforating with a stylus pen. Using the steel ruler and cutting knife, cut along the perforated lines. When cutting a sharp angle, cut each side toward the point. When cutting a curve, either use a circle cutter or draw curves using a pencil and cut along the pencil lines freehand. Make sure to stay exactly on the lines when cutting.

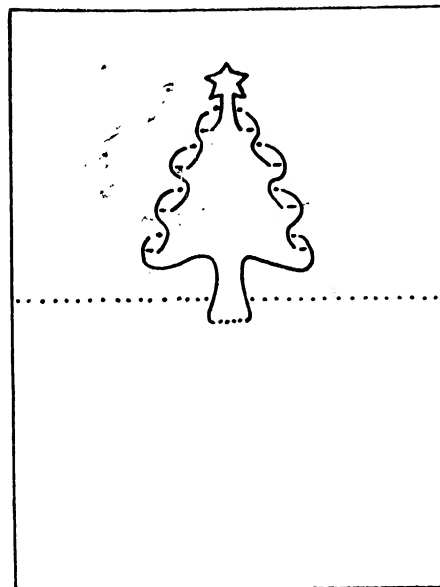
How to Cut a Sharp Angle



How to Crease the Card

For best creasing results, use a stylus pen. When making a valley fold, score along line on the right side of the card and when making a mountain fold, score along line on the back of the card. To make the fold line a neat one, cut down about a third of the card's thickness on the right side. If you don't fold exactly, the desired shape may not be obtained. Begin to fold the card from the corner of the longer fold lines using both hands. Use the point of the tweezers to fold the shorter fold lines exactly.

Christmas Tree



Both mountain fold and valley fold lines in this diagram only have been reversed so that they cannot be seen on the front of the card. When folded on lines, the tree will pop up on the reverse side.

————— cutting line
- - - - - valley fold line (concave)
- - - - - mountain fold line (convex)

The Base

All these 90° open type cards are made of a sheet of paper with a pop-up design. For a more interesting effect, another sheet of Kent paper of the same colour, or drawing paper in a contrasting colour, can be added to the card. You can either use paper of the same size (20cm x 15cm) as the card for the base, or you can glue two sheets of 10cm x 15cm paper separately onto each half of the card – this way you don't have to crease the centre fold line and the card can be easily opened. Use the all-purpose glue to attach the base. Carefully apply glue to the corners.

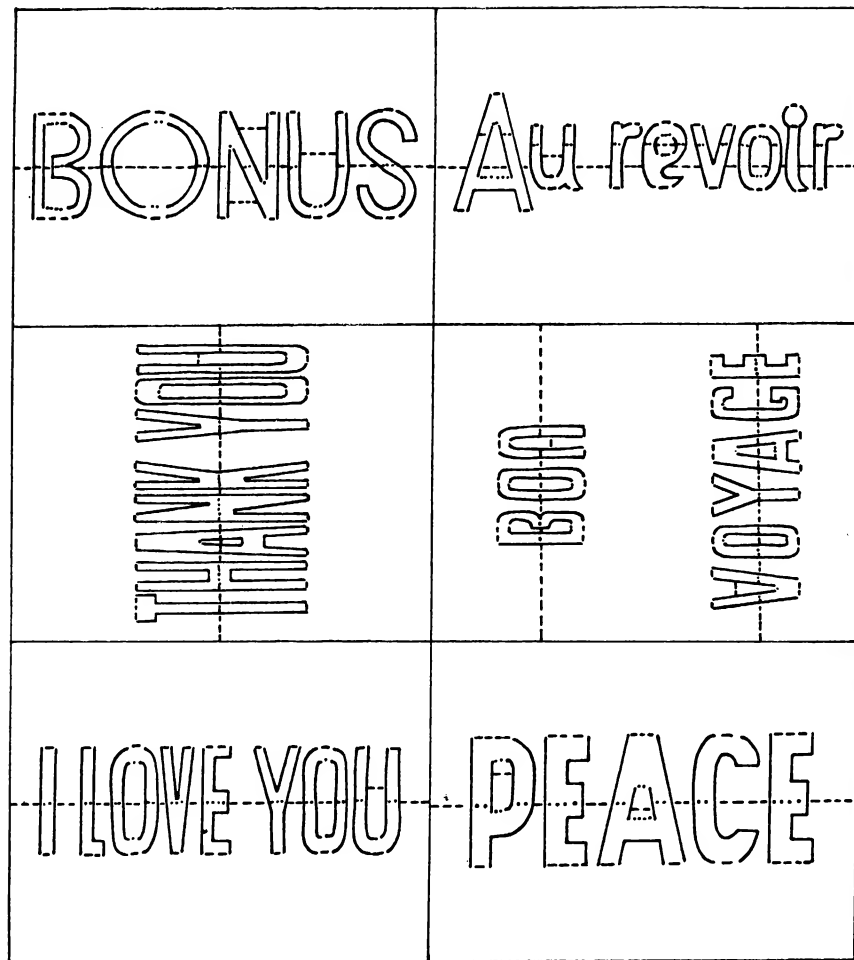
For additional effects, you can use the coloured paper or glitter to brighten up the card.

See over the page for some ideas on special message cards you might like to make for particular occasions.



Message Cards

You can make these cards as large or small as you want, depending on what you wish to do.



Key to Lines

- cutting line
- - - - - valley fold line (concave)
- - - - - mountain fold line (convex)

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A QUICK, CHEAP FIRE FIGHTING UNIT

by Noel Carr, Darkes Forest, NSW.

This is an ideal unit for around your property. The gear is usually available around the farm.

REQUIREMENTS

- 1.8 x 1.2 m trailer
- Briggs & Stratton pump, 3 or (preferably) 5 HP
- 2 x 225 lt plastic drums
- 8 downie clips
- 8 pieces of 19 mm water pipe
- suction line and hose

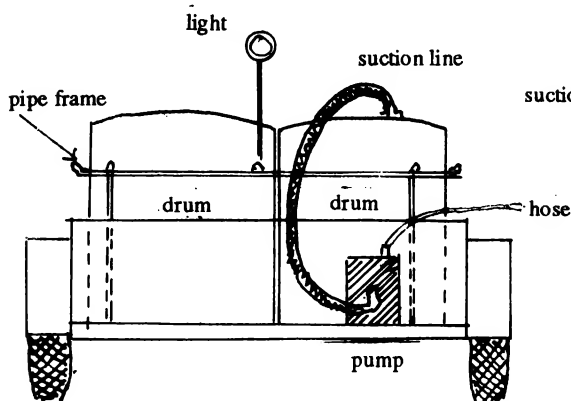
PUTTING IT TOGETHER

A bushfire brigade striker unit only carries 450 litres and does a good job. Your trailer unit using these lightweight plastic drums can do as good a service and it can only be beaten by a striker on rough ground, but who wants to go looking for a fire. Pick your ground and wait for the enemy.

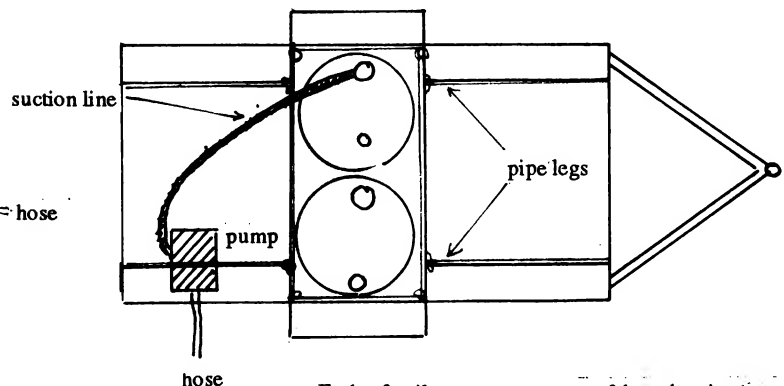
The drums are positioned a little forward of the trailer axle and the pump is secured behind them by drilling two holes and bolting it to the floor. The drums are held together by a pipe frame, three-quarters of the way up. Pipe legs are attached to the frame and sloped to the ends of the trailer. We used downie clips for joining the pipes, you may like to see them welded which should make a better job. A very important thing to remember is that when the drums are filled they weigh about 450 kilograms. It could be advisable to strengthen the axle in case it may bend. On the surrounding frame a halogen lamp is held on a short piece of pipe and a downie clip with wing nut allows the light to be turned or lifted, at night the light is most essential.

One can take the unit to a dam, tank

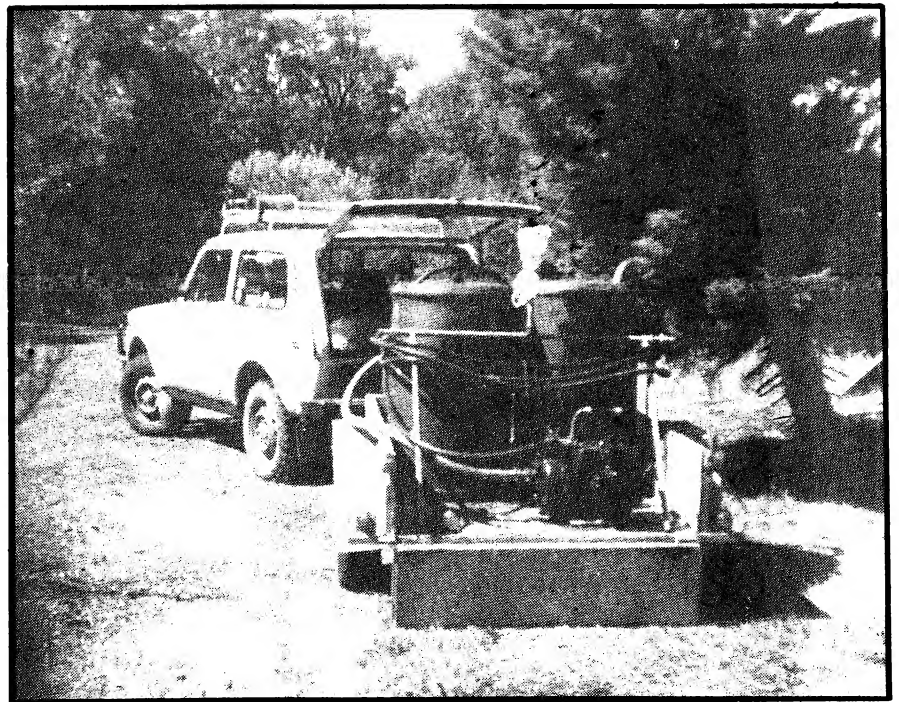
End View



Aerial View

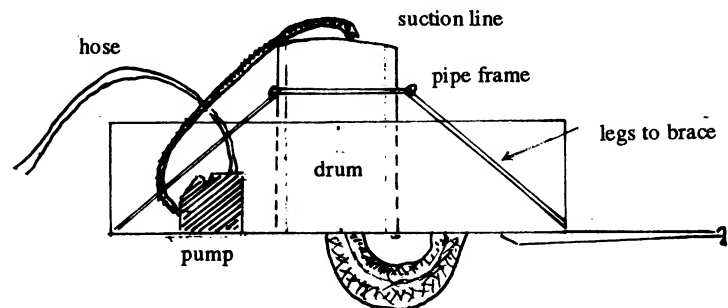


Ends of trailer stop movement of drum by pipe braces.



Your own bushfire striker unit, easily assembled from equipment on most farms, is an invaluable aid in an emergency fire situation.

Side View



or 200 litre drum and drop in the suction line. We find it important to have filled 200 litre drums (open top) under our tank taps and some placed at important points around our farm.

POINTS TO WATCH

- Don't let the pump run dry, it's surprising how quickly you can empty a 200 litre drum.
- Don't travel fast on a corner or you may lose the load.
- Don't leave a load of water in the drums. The weight may damage the springs.
- There are no cocks or taps on the set-up to confuse the operator.
- The trailer can be returned to normal use in a matter of minutes.
- Don't stop the engine, but place hose nozzle in drum so water is saved but ready for instant action. It can sometimes be hard to start the engine in a fire.

TEACH SPELLING AT HOME

A recently released book, *Wordwork*, will be of great assistance to home schoolers and parents who wish to give their children extra help in this area. There are sections of sensible, easily understood advice on the teaching of spelling in general and on methods to use.

Categorised and reproducible word lists make up the bulk of the book. Explanations of spelling rules may be of as much help to adults as to children.

Those working with adult literacy will also find the book useful. It does not claim to be a complete spelling programme, but will prove to be a valuable adjunct in both homes and schools.

Wordwork is available in good book shops for \$24.95. GR readers can purchase it for \$23 (post-free) direct from the publisher: Richard Lee Publishing, PO Box 828, Castlemaine, 3450. Ph: 054-705-523.

KEEP IN MIND

THE BYRON BAY ARTS & MUSIC FESTIVAL

The Byron Bay Arts & Music Festival is on again, January 6, 7 & 8 1995. Staged over two days and three nights from dusk Friday 6th to sunset Sunday 8th, the 106 acre festival site will again be transformed into a bustling village atmosphere. This year's plans incorporate: seven stages all running simultaneously, rave field amidst 15 acres of native forest, tin shed theatre operating around the clock, several workshop areas and performance spaces, over 100 market stalls including an international and organic food fair.

With over 100 acts and 200 live performances throughout the weekend, Byron Bay '95 is set to showcase the best of Australian arts and music.

For more information contact Anna Young: Ph: 02-566-4145, fax 02-660-3372, 268 Bridge Road, Glebe 2037.

THE ROD TALLIS YOUTH AWARD

If you are young and involved with plant propagation, you could be a contender for the 1995 International Plant Propagators' Society, Rod Tallis Award. All you need do is contact John Mason on 075-304-855. This award is given to recognise commendable achievement by youth working in or studying horticulture. For young nurserymen or keen amateur plant propagators, it can be an opportunity to attend a conference and meet leading propagators from all around the country, apart from any other benefits.

If you are under the age of 25, work in or study horticulture, and have something to say which is related to propagation or the nursery industry; you should submit an application by March 15th 1995.

For more information contact: Mr John Mason, C/- Australian Horticultural Correspondence School, PO Box 2092, Nerang East 4211.

CUTTING TIME

This is a good time of the year to be taking cuttings of many ornamental shrubs, including camellias, bougainvilleas, as well as certain natives including most of the grevilleas. These are usually propagated from half-ripe cuttings, that is pieces of stem on which the bark is no longer green, nor yet hard and brown; such stems can be bent without breaking. Azaleas, bottlebrushes, tea trees (*leptospermum*), eriostemon, prostanthera and thryptomene, on the other hand are propagated from tip cuttings, which are about five centimetres long; these will usually have yellowish rather than brown bark. The use of a rooting hormone, such as Rootex-L, or P, can significantly improve the strike

rate. People with willow trees can make a powerful natural rooting stimulant by soaking chopped willow shoots in water for 24 hours, draining the liquid, and then standing cuttings in it for 24 hours before planting them in the normal way. (GR48 contains more detail.) Watering with Maxicrop is also very beneficial.

Roses should be dead-headed regularly. When doing this, don't just snip off the dead bloom but cut back to the nearest bud below it. This is, in effect, a form of summer pruning and will help to produce a good autumn flush of flowers on all those roses which repeat their performance – and this includes all modern roses. Annuals, too, need regular dead-heading to prolong their display.

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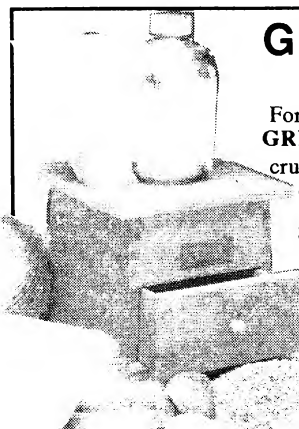
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SEED SAVING AND PLANT BREEDERS' RIGHTS

by Michel & Jude Fanton, Byron Bay, NSW.

We have been asked to explain to GR readers the effects of the recent amendments to the plant breeders' legislation which has been the cause of a great deal of controversy.

BACKGROUND

Plant patenting is in force in twenty other countries. In Australia it directly affects cereal farmers, cotton farmers, the nursery trade and plant breeders and in the long run it will affect us all. The problem is that protection is provided to breeders of plants useful to humankind. If the Act were restricted just to ornamental plants, the implications and the ethical questions would not be so serious. In particular there are broad implications for the erosion of genetic diversity in our food and other useful crops worldwide.

We have used the term 'plant patenting', because that is plain language for what The Plant Breeders' Rights (PBR) Act covers, though the words 'PBR protected' are used in the Act. Plant patenting has been a very difficult concept for our politicians to wrap their minds around. It became even more confusing for them with the agribusiness giants spending huge amounts on convincing them and farm journalists that PVR was the right thing for the Australian economy. Their reasoning went that there would be a stimulation of breeding of new Australian varieties and that overseas companies would bring in their patented varieties. The Fraser Government spent years vacillating on it, afraid to lose votes with the unpopular proposal. It was delayed for years, after record letter writing campaigns in opposition.

Ironically, it was the Labour Government which formulated the final version of The Plant Variety Rights Act. The Act was passed in 1987, briskly amended in 1990 and reworked and renamed The Plant Breeders' Rights this year. The rationale for these changes was so that Australia could harmonise with international agreements on trade and to provide stimulus for the Australian economy.

We are not in the business of frightening people and producing the despair that leads to inaction. For the GR person nothing much will perceptibly change in the short run. However the gravity of these big issues should mobilise us to be more effective at valuing and conserving the wonderful diversity of cultivated plants that we still have in our gardens and on our farms.

Over centuries and even millennia the ancestors of today's farmers of the developing world domesticated the crops we depend on today for our food, textiles, stimulants, beverages, medicines etc.

Indigenous farmers have developed seeds that are the essential building blocks of our modern varieties. Developing countries provide ninety percent of the germplasm (genes, etc) of our crops, largely for free. Their governments have been coerced into signing international agreements on intellectual property rights including plant patents. In turn these farmers have been sold patented seeds, some of them hybrids, derived from their own strains. They have not been appropriately compensated for the creation of these useful varieties.

Interestingly, the majority of plants with protection so far have been ornamentals from overseas. For Australian farmers the situation is now different in many regards. Some of these effects will not be seen immediately. The Act makes provision for significant changes to be made by advisory boards through the Minister. Unfortunately, membership of these boards is heavily industry-loaded.

EFFECTS ON FARMERS

Lending Seed

Those farmers using *patented* varieties of cotton or wheat can no longer sell, lend or give away seeds of those varieties. Wheat farmers in particular, traditionally lend a couple of bags of seed wheat when a neighbour runs out of seed at sowing time. The legislation has gone too far by including \$50,000 fines for infringements, which are now not

only a civil offence but also a criminal offence. This means that the patent holders themselves do not have to initiate proceedings now because the government can prosecute. There have been many prosecutions of farmers in the US and Britain for breaching similar laws.

Farm-saved Seed

The Act has paved the way for restricting the ancient practice of farm-saved seeds. Seventy-five percent of Australian cereal farmers still save their (non-hybrid) seeds for up to five plant generations before they buy the next variety that is immune to the current pest and/or disease problem. These people may be affected in future because corporations wish to sell them billions of dollars worth of seeds every year, not just once every five years. The Minister for Agriculture can revoke what is now termed a 'farmer's privilege' of saving the seeds of patented varieties, when instructed to by an advisory board.

Further Restrictions

There is the potential for a commodity group (such as the Wheat Board) to apply to the minister for further restrictions on the saving of seeds of that commodity. This would occur if that board felt that investment in breeding was being discouraged by the practice of farm-saved seeds. Dr David Godden, Senior Lecturer in Agricultural Economics at the University of Sydney, explained to an audience of 350 people at the recent Annual Seed Savers' Conference that, although farm-saved seeds are permitted, the Act also provides the mechanism for banning seed saving in time to come and it is likely that restriction will be brought in eventually for individual species, and ultimately for all plant kinds.

EFFECTS ON BREEDERS

In the 1987 Act patenting was reserved for commercial varieties but now it can be applied to breeders' lines, that is individual strains that are not for sale in shops but that are used for breeding. That in itself will restrict the exchange of seeds between breeders and will facilitate the hoarding of useful seeds by

the giant corporations.

EFFECTS ON GENETIC DIVERSITY

A major problem with any plant patenting law is that it tends to make the plants that are patented uniform. The patent seeker must be able to show that the new plant is uniform enough so that in any court challenge of, say, a patent holder against a seed pirate, the evidence can be clearly assessed. This very factor, along with the expense of registration has led to a tendency towards monopolies over food plants and to a shrinking in the diversity of our culture. The result is more uniform hybrids that end up as fast food, or in a can or colourful fruit and vegetable display at the supermarket.

WIDENING THE FOCUS

The legislation provides the mechanism for the future patenting of harvested products of PBR protected varieties, such as a macadamia variety, its oil and paste. Unlike some states in the USA, human genes have not been included.

WHAT TO DO

Our opinion may seem paradoxical. We would say that gardeners and GR readers should not be too concerned for the

time being about this legislation. However, there are long-term dire consequences. Because Australia has embraced the GATT agreements, we are on the treadmill and have to enact uniform international patenting laws designed in the first place to protect the investments of the international corporate sector in Australia. This will not help us to become a self-reliant country.

GR readers are the people producing some of the products that they consume, they are keeping the traditional seeds by saving them, and, most importantly, they are keeping the knowledge of how to use them as a medicine, a food or otherwise. This knowledge took centuries to develop. That is why Seed Savers' Network was formed. The importance of seed saving has been very much overlooked by garden writers. During the research we did in 1991-1992 to write *The Seed Savers' Handbook*, we found only snippets of information in a few old gardening books.

The real threat we have is our own inaction and our habit of buying food and medicine when we can grow it instead. When we have to buy initial seed stock, we ought to patronise small com-

panies selling nonhybrid seeds so we can at least save our own.

What we, both in Australia and the Third World, really need for our farms and gardens is a wide diversity of plants to insure that if a crop fails there is always something on the table. Farmers and gardeners need to grow a broad spectrum of varieties of plants that are nutritive and easy to grow without dangerous biocides. Our heritage of plants that have been developed by generations of traditional farmers is slowly eroding, mostly because of market pressure. This legislation just facilitates the trend. If we are not using those varieties in our gardens, learning how to save our seeds on a long-term basis, as well as passing them on, then we will lose them and we will have to buy the uniform varieties at high costs.

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In GR 88 I read the letter from Juanita Ellis, requesting a recipe for dish washing detergent because she is allergic to commercial varieties. I wonder if Juanita is able to tolerate ordinary soap. The word 'detergent' has slipped into our vocabulary and has become accepted, along with its use, as a part of everyday life, but I remember a time when it wasn't so. In fact I remember dish washing detergent coming into our domestic scene, and then it didn't slip in, but was blasted upon us with a great fanfare of slogans. 'Cuts through grease even in cold water', we were told. And, 'No more drying up - now you can throw your tea towels away'.

Because we had no idea, in those days, of the damage it could do we couldn't wait to get our hands on this magic new product, completely forgetting that in many older homes, dish drainers were already standard kitchen equipment, and we wouldn't dream of washing dishes in cold water anyway.

I was always sure I could taste the stuff on a cup, and it is true that when we use detergents without rinsing the dishes afterwards, we do ingest minute quantities of the product every time we use a utensil. Small wonder our bodies are protesting.

But manufacturers employ advertising agencies who in turn employ psychologists whose job it is to make sure that we will be firmly convinced that our homes cannot be properly cleaned without the aid of whatever product they are trying to sell; that our skin won't be as lovely, our clothes as bright, our hair as luxuriant. And since it is belted out at us every minute of every day in some form of advertising, a whole generation of us has grown up to believe that modern detergents are the only way to clean anything.

In fact, in most cases it is not so. Before the advent of dish washing detergents, we washed our dishes with plain soap, which, if they were rinsed in hot water before standing to dry, left them gleaming as well as any washed in detergent. I have used nothing else for

SAFE CLEANING PRODUCTS

by Elsie Hoare, Berwick, Vic.

years so I can vouch for this method.

It is true that detergents cut through grease more effectively than soap, but if the minimum of oil is used during cooking and food residues are thoroughly scraped from utensils with a rubber spatula, into a container whose contents are destined for the compost heap, the problem is small, requiring only a little extra attention with a soapy cloth. I have an old-fashioned wire soap saver into which I put all my plain soap ends. Whisked through the hot washing up water it makes a fine dish washing solution, or you can leave the soap ends to stand in a little boiling water until they form a gel which can be kept in a jar and a little spooned into the water at washing time.

Before the days of detergent shampoos that perform every feat imaginable and leave an appalling trail of empty plastic bottles, we used to wash our hair with soap-based shampoos or with pure soap, using a final rinse of water with lemon or vinegar added to neutralise the dulling effect of retained soap scum. The result? Soft, shining hair with the scalp's natural oils intact to provide a conditioner, instead of leached out by detergent shampoo. If it seems like a lot of bother to go to, lemon juice can be kept squeezed, strained and frozen in ice cube trays ready to drop into a jug of hot water. If it is prepared before you get into the shower the ice cube will melt by



the time you're ready to use it. Or use the soap and washing soda recipe at the end of this article.

Though it pains me to admit it, the super-dooper, whizz-bang laundry washing detergents that promise whiter whites and brighter brights, do give a better visual effect to items washed with them, but to those of us who are interested in making the least possible impact on our suffering surroundings, those whiter whites must be weighed and their true value balanced against our future quality of life. It doesn't take long to get used to a little less dazzle.

Commercial soap powders need to be dissolved in hot water before they're added to the wash, or you can use soap and washing soda which dissolves more readily. Soaking the wash for twenty minutes before you switch the washing machine on will improve results.

To remove blood, the article should first be rinsed in cold water then soaped up and left to soak overnight, before washing in cold water the next day.

The supermarket shelves are loaded with bottles and cans that promise you a sparkling bathroom with minimum effort. Just spray on and wipe over. The pack usually carries warnings to avoid breathing the fumes, and gives instructions in case the contents are swallowed. None advise us that we're handling a small, biological time bomb.

However, if you keep an old towel at the ready and give the shower a quick wipe out after the last person has used it, soap scum and mould never get the chance to build up. Time yourself. It takes about a minute. If you can train the other members of the family to wipe out the shower after they use it, better still, but as I've never been able to do that I've no helpful suggestions to offer.

The handbasin and bath will come clean and the taps will sparkle after a scrub over with a nail brush or soft nylon scouring pad dabbed on a damp cake of soap. Use an old toothbrush to get into awkward spots, rinse off and dry with an old towel.

I use vinegar on a soft cloth to clean



GRASS 23 ROOTS

the mirror and rub it dry with another cloth, but quite often a wipe over with a cloth wrung out in hot water is all it needs, but it must be rubbed dry or it will look smeared. A bottle of commercial window cleaner that I once had, smelled so strongly of vinegar that it couldn't have had very much else in it.

Toilet cleaners abound by the score, with all sorts of disinfectants and deodorisers in them, which eventually end up in our streams and waterways. Some of them have added suds and colouring to make us think we're doing great things for our family's health by using them. (The work of more psychologists.) But we can actually be harbouring a very dirty toilet underneath all that pretty blue water. Just take a peek next time you use a toilet fitted with a coloured disinfectant dispenser and you'll see what I mean. Very often the cosmetic colour masks a build-up of nasties which have somehow defied the chemicals and flourished undisturbed. They are easily removed with a long handled brush, but if we're going to go to that trouble, why bother with the chemicals in the first place?

It takes roughly five minutes to clean a sewer toilet with half a bucket of hot soapy water and a brush. Cost to you

and the environment? The least possible. And the little extra effort you used you'd probably spend doing aerobics anyway.

Start by wiping on top of and underneath the seat with the soapy water and an old piece of towelling or a sponge kept especially for the purpose. Next wipe the outside of the toilet bowl and finally empty the water into the bowl and scrub it thoroughly, getting to all the angles that the brush can reach and taking care to scrub as far under the rim as possible. When the job is done, rinse the cloth separately in hot water and soap and keep it apart from the other washing. There are plenty of herbal preparations and scented oils that you can use (unless you're allergic to them) to keep the air in your toilet smelling pleasant.

I think we owe it to ourselves, before we spend hard won cash on the advertising world's newest baby, to question the validity of the claims they are making. Remember that it would be a rare advertiser indeed that would put your interests before those of his client. He wants you to buy, buy, buy. The chances are that the product he is pushing is merely a revamped version of something that you're already using or will

do no better a job than a good old cake of soap.

RECIPES

The following recipe is from Robin Stewart's *The Cleanhouse Effect*.

Soap & Bicarb

A good soap for washing hair can be made by melting a block of pure soap, adding a cup of bicarb soda, and mixing well. It is also useful for hand-washing delicate garments

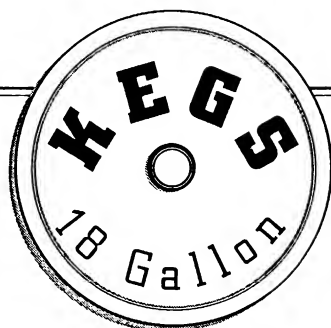
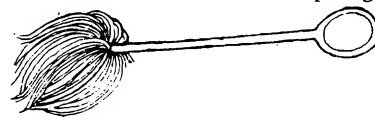
Washing Powder

Mix six cups of pure soap flakes and three cups of washing soda. Store in an airtight container. If your water is 'hard' add extra washing soda. Dissolve about half a cup of the mixture in a litre of hot water before adding to washing machine. You may need more for heavily soiled laundry, or less for a front-loading machine.

Recommended Reading

The Cleanhouse Effect, by Robin Stewart, published by Agmedia, RRP \$9.95. Available in book shops or through the Rural Book Shop, Ph: 008-800-755.

Living Better For Less, edited by Megg Miller & Mary Horsfall, Night Owl Publishers, PO Box 242, Euroa 3666, \$10.45 incl postage.



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DISCOVERING BUSH HERBS

by Vivienne Manouge, Angaston, SA.

I moved to the country armed with books and word of mouth advice on all kinds of subjects, and yet, when it came to putting theory into practice, I often found I lacked the facts I needed, while the ones I had didn't quite fit my situation. This was especially true of herbs, and it mattered a lot to me, because I wanted to use herbs for my animals and myself. Nature provides them, it is up to us to learn to use them.

I had learnt a little about traditional herbalism and some of the herbs that were most likely to be useful to me here, and had established a small herb garden containing plants that were suited to local conditions, such as wormwood, wild roses, wild fennel, and a nonpest variety of the thornless blackberry. I took notice of the wild mustards, turnips and radishes, horehound, wild sage and pepper-cress that were already self-naturalised here. But my eyes were opened to the potential of native herbs by my first milking goat, an elderly (mostly Saanen) doe called Dinah. She'd been tethered for most of her nine years and didn't know how to forage.

I read in McKenzie's *Goat Husbandry*, that when a herd of goats is introduced to unfamiliar food, one goat will cautiously try it and, if she likes it, she'll communicate that to the others, who will then try it themselves. If she doesn't trust it, she will make a big display of distaste, and the others will leave it alone. Dinah wasn't willing to go first and I had no other goats at that stage, so it was up to me.

I started with plants I knew were good for sheep. I nibbled a saltbush leaf and savoured it thoughtfully. Then I made a valient effort to communicate approval to Dinah. I daresay I speak goat with a decidedly human accent, but Dinah seemed to understand. She tried some too, and before long she was eating it with relish. A breakthrough! Saltbush was thereafter a major part of her diet.

I proceeded in this way through the different species of saltbush, wattle, hopbush and others that I knew sheep ate, and introduced her to some of the more obvious edible herbs and clovers. The choice was limited because I didn't offer her anything I wasn't game to try myself, and I knew nothing at all about the array of native herbs that grow from winter to spring during our brief rainy period, some

of which stay green long after the grasses have hayed off. However, it got me into the habit of tasting tiny pieces of leaves and pensively analysing the flavour before either swallowing them or spitting them out.

It's amazing how rapidly you develop the skill of separating out distinct strains of a flavour from just a touch on the tongue. In saltbush, for example, you can distinguish sodium chloride's sharp, eager piquancy from the milder mineral salts, even if you can't identify these other minerals by name. (I can't.) You can even connect the brisk, keen pizzazz of sodium chloride with the quickening of mood, the fleeting stimulus to vision and eagerness for action you feel, and the milder, graver range of (possibly) calcium salts, with the calming, steadying effect that accompanies the latter, when you test the saltbush in this way. Could this combination of effects be at least partly responsible for the calmness of temperament, soundness of nerve, beauty of conformation, and even dignified bearing of animals that feed upon it, whether domestic sheep or horses or native kangaroos?

With such a recommendation, it seems a pity not to use it as a substitute for table salt in cooking. Fresh or dried, the leaves are too acrid on their own, but in soups, stews and stir-fries they're like salty spinach, and they blend in well with traditional vegetables.

Later on, I bought some other goats who didn't need to be taught to forage. Following them around and observing where they'd been, I found them enjoying a lot more plants than I'd been game to test for Dinah, so I began to investigate them too.

While continuing to develop taste sensitivity, I learned to detect carotene by tasting a wide range of foods known to be rich in it (such as corn, carrots, pumpkins, peaches, bananas, golden-fleshed plums), looking for the flavour elements they had in common. I singled out a fairly complex, sweetish, definitely-flavoured, but delicate of aroma, sensation that is most easily found as the dominant flavour in sweet corn (or corn flakes). There is a similar flavour in fresh milk from cows fed on green pastures; it is concentrated in cream, and more so in butter, and it's also very strong in egg yolks—all



Prickly Wattle (*Acacia colletioides*)

food known to be rich in vitamin A. In wild herbs, the same flavour indicates the presence of carotene. It is abundant, for example, in the flowers of the prickly wattle (*Acacia colletioides*), and perhaps other wattles too.

While you're tasting wattle flowers, you may also find another distinctive flavour: a cool, bland, almost metallic flavour, like the milky part of the flavour of fresh, well-ripened almonds. This flavour, like that of carotene, is one you probably already know well. It is found in many other nuts, seeds and grains, and the oils pressed from them, flours made from them, and the breads they're made into. It is the flavour that is lost and replaced by bitterness when such foods go rancid. You can taste it in the nectar children suck from flowers. It's the flavour of vitamin E.

Vitamins A and E help to prevent, and to fight, infection. They also give a sense of wellbeing. Recent studies indicate that they may be helpful in preventing cancer. Vitamin A is essential for good vision and vitamin E helps healing and other processes involving cell division, such as growth in children and reproduction in adults. It's reasonable to expect that herbs that taste strongly of these vitamins, which often occur together, will bestow their benefits in these areas.

I found that the flowers of the prickly

wattle, taken five or six at a time, chewed well and washed down with a drink of water, relieved eyestrain completely in seconds. Over a period of a few weeks it even corrected the damage done by years of reading without due concern for the eyes. Anyway, it did this for me and also for one for my friends.

As you gain experience, you begin to recognise more complex flavours that reveal the presence of known medicinal elements in the plants you taste. The berries of the waterbush (*Myoporum montanum*) have an aromatic element which closely resembles one shared by camphor, costmary, lavender, and thyme, all of which are insect repellent companion plants in gardens. It can't only be coincidence that the only citrus tree in my orchard that has never been seriously attacked by scale insects, is the one growing right next to a waterbush! Most people would agree that the aftertaste is 'antiseptic'. It is similar to the antiseptic part of toothpaste flavour, or the smell of a healthy kitten's tongue. Costmary, lavender and thyme are all antiseptic, and waterbush berries (like costmary) soften hard old wax in the ears and thus enhance hearing, by cleaning them.

Of course, you can be mistaken. The sweetness in wild fennel resembles that of sugar, but doesn't come from sugar. But, very often, flavour similarities can put you on the right track for further experimentation with a promising herb. There are hazards, but they're all pretty obvious. Anyway, the first exploratory nibbles are hardly ever enough to do you any harm. Fungi may be dangerous. There are ways to test for their safety but, not knowing them, I leave them well alone.

If books can tell me about a particular herb, I'll use that knowledge, but I don't underrate my own discoveries, or the folklore. Eucalyptus is well researched, but I've never read in any herbal of its power to refresh and cleanse the whole person, to lift the spirit, free the mind from weariness and worry, and restore calm, peace, and optimism, to assist convalescence, correct nervous exhaustion, and alleviate depression. Our 'alternative' literature however is full of assertions like that which are too often dismissed as poetic musings, when they could well be the most important part of an evolving popular herbal wisdom, if we took them for the true insights they often are and used them to heal ourselves. After all, animals rely on their wonderful herbal instincts. Why shouldn't we trust ours?

THE SAGA OF SILVERTREES TREASURES FROM THE TIP

by Pam Cole, Tuncurry, NSW.

Building the house ourselves had its hilarious moments to leaven the months of hard work. Living in the caravan tucked in a corner of the newly built shed, amidst all our worldly possessions was funny enough, made bearable I suspect by spending the day in town at work, much as we disliked that necessity at the time. There was space between the van and what looked like a second-hand shop's storeroom; an area choked with boats, mattresses, and TV aerial all stacked on book cases, and an aisle lined with wardrobes, boxes, rocking horses, upside down armchairs. But that space between the conglomeration of household effects and the caravan was our comfort zone, our sanity-saver, for it held two armchairs as well as the wall units containing such civilised items as music, family photos, books and the good china. No matter that this was all shared with a bluetongue lizard, piles of tottering boxes, two cats and whatever tonnage of sand had blown under the rolladoors during the day, I could see my best cups and dream of the day they would repose in a real dining room in a real house.

Perhaps it was the pawnshop ambience that made us do what we did. Maybe a streak of lawlessness brought to the fore by our numerous recent clashes with local authorities over delays for permission to do this and that and the other. Who can say? But one day we and another family were unloading rubbish at the tip. This tip, before its modernisa-

tion, was of the old-fashioned variety: unmanned, unfenced, no notice boards of rules and regulations, no recycling depot, no warning of penalties for helping oneself to useful junk.

The driver of the other vehicle tossed a roll of carpet over the side of his trailer, selected a coffee table with a missing leg and a few tiles from a nearby pile, winked at us and drove off. We looked at one another. There on the grass lay two rolls of carpet, junk to him, riches to us. Maybe we could find a clean usable piece out of all that quantity, perhaps a section big enough to make the concrete shed floor bearable in the coming winter. So we lugged it home.

To our amazement, when unrolled it was perfectly sound, fairly new, and must have covered two rooms at least. A piece did indeed make shed life a little cosier when the chilly winds blew. The big bonus was that once swept and sterilised by weeks in the hot sun next summer, the unused portion proved ideal for two small bedrooms once we'd built the house.

Our adult children when visiting look puzzled and ask if we brought that carpet with us from the old house, as it looks familiar. They get only vague murmurs in reply, for who needs felons for parents? And no reference is ever made by us to the padded bar stool, the bevelled mirror, the picture frames, or the three flourishing poinsettia trees which adorn our home – for all were obtained in the same way.



Now we have time to relax on the verandah and feel satisfied with our achievements.

The author, recently returned after ten years of concrete construction and studying straw bale housing in the United States, is recognised as the modern-day guru of Australian straw bale building. Leo Newport is almost messianic in his enthusiasm for straw bale building and, in describing his own 'revelation' upon entering his first straw bale house said, 'I, too, have found my bliss'.

THE MERRIGALAH PROJECT BUILDING WITH STRAW

by Leo Newport, Armidale, NSW.

You only need to visit the 70 year old Monhart home in Arthur, Nebraska (USA), or call on owner-builders Steve and Ninia MacDonald, at their absolutely modern plastered straw bale home in Silver City, New Mexico, to immediately experience the delightful, unique ambience of the thick, snug walls of plastered straw bale human living space.

Straw comes not only from wheat but also from rice, oats or barley and, consisting of cellulose, hemicellulose and lignin, is virtually identical to wood in chemical composition. Most of the haystacks seen on rural properties are not in fact straw, but are actually animal food storage comprised of hay, a material distinct from straw. Spontaneous combustion of damp haystacks does occur, albeit rarely, but more about that a little later in the article.

It may be helpful to remember that straw consists of what remains of cereal plant stalks after the food product has been stripped from the plant, it is nothing but waste material and (apart from use in horse stalls and trials, or as mulch), is usually burned. In California alone, for example, over 1,124,000 tonnes of rice, wheat, oats and barley straw are burned each year. In New South Wales over 600,000 tonnes (of just rice straw alone) are burnt every year.

THE BEGINNINGS

Although straw itself has been used for thousands of years worldwide as a component of mud brick and rammed earth structures, tied and baled straw as the primary material is a uniquely American concept. Thanks for this technique should go to the earliest homesteaders spreading across the vast treeless plains of Nebraska in the late 1800s. Those hardy and determined pioneering settlers, facing the realities of blizzards, tornados and temperatures ranging from subzero in winter to the searing low hundreds (Fahrenheit) in the blistering summers, developed the technique of baling the native prairie grasses, using these bales to construct sheltering walls.

These baled grass walls were usually covered with adobe mud. Later, as wheat was being grown and the prairie grasses were disappearing, baled wheat straw came to be used, with stucco gradually replacing the mud coating.

Families are living comfortably today in old straw bale houses built at the turn of the century, with numerous historic homes still in fine condition. The oldest known surviving and still occupied Nebraska home was built prior to 1910.

THE REVIVAL

There was some renewal of interest in straw bale building in the 1970s and 80s when articles appeared in the American publications *Shelter* and *Mother Earth News*. More recently, a detailed piece in *Fine Homebuilding* seems to have inspired the beginning of a modern day revival.

In the last few years, there has been a flood of positive and laudatory newspaper and magazine articles pointing out that proponents of this tried and true building method now include architects, structural engineers, contractors, building and safety personnel and environmentalists.

In its December 12, 1991 issue, the *New York Times* ran a major story featuring the Tucson, Arizona, straw bale home/studio of architect, Dan Dorsey. In April 1993, the American *Compendium* magazine ran a long piece titled 'We Do Have Choices - The Revival of Straw Bale Construction'. In August 1993, the American professional networking newsletter *Building with Nature* described straw bale building as a 'hot topic in the building arena these days'.

In the 1993 Southern California Home & Garden show (held in the enormous convention centre, at Anaheim, California), the highly prestigious EOS Institute for the Study of Sustainable Living featured the main display of the show - a straw bale home, presented as a 'bright idea for simple, resource-efficient, non-toxic, and cost effective home construction which is stealing attention world-

wide'. Thousands of attendees (including professionals), were able to watch actual straw bale construction.

Throughout the United States and Canada, hundreds of people are now building straw bale homes, with Arizona, New Mexico, California and Texas taking the lead in the use of this low cost alternative building method.

THE SUPERSTITIONS

In addition to the mountain of 'Three Little Pigs' jokes, the most frequent questions asked of the author relate to energy cost savings, the environment, structural strength, fire risk, as well as health questions about allergies, residual herbicides, fungus and vermin. Let us answer some of these concerns.

The Energy Savings

One of the wonders of straw bale houses is that they are so incredibly economical to heat or cool. The straw bale walls (between 450mm and 600mm thick) create an energy efficient thermal barrier and with stucco (a form of concrete rendering) protecting the straw, these thick walls create an insulation factor close to four to five times that of fibreglass insulation in woodframe construction.

Southern California Edison - one of America's largest energy companies - has now confirmed to the author that cooling energy cost savings of 75 percent were achieved under test conditions (when compared with standard construction methods).

A straw bale house clearly defeats the blistering heat of the desert summers, in the south-western area of the United States, as easily as it defeats the howling winter blizzards of the Nebraska plains, and also remains intact during the shaking delivered by typical California earthquakes.

There is an abundance of anecdotal evidence indicating that in your straw bale house, the simple morning act of making a pot of coffee, or a few slices of toast, provides sufficient heat to completely warm the kitchen for most of the day, while an Aladdin lamp can be suf-

ficient to heat an entire house for the evening.

The Strength Tests

In responding to questions about the structural strength, there is proof to be seen in the durability of the Nebraska structures mentioned earlier, and the hundreds of others, including one old straw bale building built in the South Dakota Sandhills over ninety years ago which, although abandoned in 1956, remains in good shape today because the roof remains intact.

More specific, however, for the technically minded, are the results of testing already carried out. In the American south-west, a graduate in civil engineering undertook the structural testing of straw bale structures as the subject for his Master's thesis project under the supervision of his professor and officials of the county building office. The testing results are certainly impressive. Individual bales withstood load pressure equivalent to a stack of twenty-seven Dodge pick-up trucks!

Other tests included successful vertical load testing of wall sections with up to 16,000 pounds (over 8 tonnes) of roofing iron, as well as in-plane lateral testing with a load equivalent to a 160 kilometres per hour wind blowing against the wall. The straw bale walls passed these tests with flying colours.

The Fire Risk

In relation to the fire question, the reality is that straw bale houses are absolutely fire safe. It is harder to set an *in situ* straw bale wall afire, than it is to ignite a wet telephone book with matches. In fact, The National Research council of Canada (the equivalent of the CSIRO) in 1986 found plastered straw bale better than most conventional building materials. They reported that the stucco surface coating withstood temperatures of 1850 degrees Fahrenheit for two hours before a tiny crack appeared.

These mortar encased bales also passed the 'small fire test' with a maximum temperature rise of only 110 degrees Fahrenheit. The council further reported:

The straw bales/mortar structure has proved to be exceptionally resistant to fire. The straw bales hold enough air to provide good insulation, but because they are compacted firmly, they don't hold enough air to permit combustion.

The Allergies

As to the question of allergic reactions to straw, it is wise for the extra sensitive, when handling the uncovered straw

in the building process, to wear long sleeves, leather gloves, and perhaps a face mask. When the straw bale wall has been sealed (stucco) allergic reactions to the straw itself no longer occur.

The Herbicides

With regard to herbicidal residues in the straw itself, the author knows of no testing carried out in this area in the past, nor of any such future programme and so is unable to throw any light on this aspect of the use of straw in building. It is possible, however, in the United States (and perhaps in Australia) to purchase bales of wheat straw which have not been subjected to herbicides.

The Fungal Growths

In straw bale housing, fungus growth is a very small problem and one which can be easily avoided by the simple precaution of ensuring that you purchase only dry straw bales and by then keeping the straw bales thoroughly dry while waiting, as during the building and settling period – perhaps by the prudent use of covering tarpaulins.

There is, however, a potential for fungus growth in damp straw, as certain fungal spores may be carried on straw. Generally such fungus is confined to wet straw which remains wet, often in inadequately covered stacks of hay. Under these conditions the mould can reproduce and sometimes eventually decompose the straw, which may lead to spontaneous combustion. This occurrence is usually confined to long-standing hay stacks which have been allowed to remain too damp.

Even though it is not necessary, borax-treated straw bales are sometimes used in some areas of the USA to alleviate building inspectors' fears of fungus growth leading to the (unlikely) possibility of spontaneous combustion.

The Vermin

While vermin such as mice or rats, may enter the straw during the preplastering

period, they will generally leave the straw bales during handling and construction. Those remaining, with any fleas which may be in the straw, soon find themselves in a concrete encased tomb, sealed in a stucco plaster both inside and outside, thus denying the essential oxygen for reproduction. Any oxygen which is sealed with the pests is quickly converted to carbon dioxide, which will hasten the death of such creatures, while the carbon dioxide will remain as a further fire inhibitor.

The Simplicity

Using straw as construction material in its baled form is masterfully simple.

Each straw bale wall is constructed of standard size baled straw waste, laid in a brick-like pattern with the bale twice spiked with re-inforcing bar lengths. After settling for six weeks, the wall is covered on both inside and outside with stucco-mesh (small gauge chicken wire is fine).

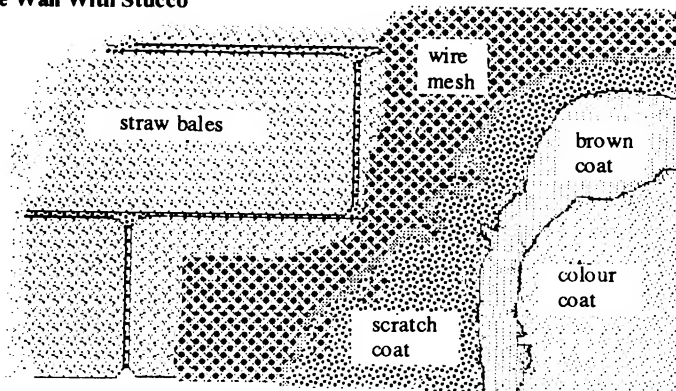
The erect wall is plastered with three coats of stucco; the first is a rough 'scratch coat', the second is a finer, smoother finish known as the 'brown coat', and finally with the 'colour coat' which may include concrete colour or natural soil to give an earthy colour finish.

The Canadian Government's Mortgage and Housing Corporation (similar to the Australian Federal Department of Housing), in a report sponsored by them, stated:

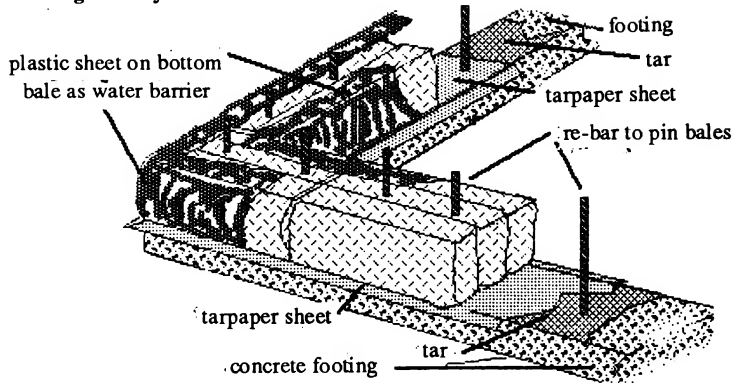
The basics of this technique can be learned in a few days. A two week practical training is sufficient to teach the intricacies related to this construction method. These factors make it a well suited self-help building method for people with limited resources.

To take a simple view of straw bale building, it is as well to understand that the method falls into two quite different approaches. The first choice is 'post and beam', or 'post and frame', while the second is 'Merrigalah style', which is

Straw Bale Wall With Stucco



Merrigalah Style Construction



similar to the highly successful approach used by the early Nebraskans.

The post and frame method integrates the already common building technique of first constructing a timber framework, but then incorporating straw bales into the spaces in that frame as fill-in.

By using the post and beam method, the cost savings of the house are minimal, final costs being close to the cost of a conventional brick or brick veneer home, although substantial energy saving will still be the major benefit.

Using the preferred Merrigalah Style, the walls are constructed entirely of stacked straw bale, without framing, but topped by a wall-plate to carry the roof weight. The Merrigalah Style utilises load bearing lintels above wall openings such as doors and windows.

This approach is simple, easy, fast and extremely cost efficient. One disadvantage of this technique, however, is the delay in allowing the walls about six weeks of settling time before proceeding to construct the roof. It is essential to keep the straw dry during this period.

In either choice, the walls are rendered with stucco, a ferro-cement plastering procedure, and upon completion are remarkably similar in finished appearance.

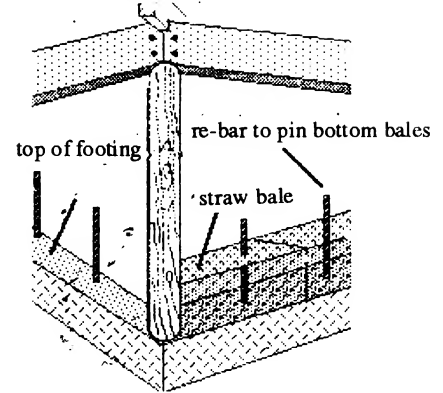
THE AUSTRALIAN SITUATION

And what of straw bale in Australia? The straw bale experience is simply not yet widely known by Australians... a situation which could well soon begin to change. (I am presently researching and preparing a detailed 'How To' manual of straw bale construction for Australian conditions.)

There was advertising some time ago, in the Victorian *Weekly Times* by 'Out-On-Bale in Australia', who—at least for the time being—seems to be inactive, and there was a brief item on the television programme *Beyond 2000* during mid 1994, which consisted mainly of

Simplified Post and Beam Construction

Tar, tarpaper and plastic barrier shown on left, also required (but not illustrated) in method shown on right.



video footage of several American straw bale buildings.

The Approvals

Council approval of the straw bale method is possible under the present legislation, but it is probably going to be a battle, as some of the more conservative council inspectors yield to the temptation to put your application into the 'too hard' basket, or simply reject the technique outright as 'hippie stuff' because there is an insufficiency of local tests.

In many rural areas, councils take little or no interest in the construction of farm sheds and shepherds' huts in locations which are somewhat off the beaten track. In reality, country councils rarely require approval for these out-of-sight farm structures and so it seems likely that we will see straw bale shepherds' huts being quietly constructed in the near future, perhaps in The Rainbow Country in northern New South Wales.

It is understood that one simple straw bale structure may have been recently completed (in the Byron Bay area) on Australia's east coast. The author has no information regarding the design, method or purpose of this 'unconfirmed sighting', nor whether the structure was 'council approved'. (The Merrigalah Project would be very pleased to hear details of this, or any other, straw bale constructions in Australia. Please be sure to send photographs or colour slides.)

The author is the principal and founder of The Merrigalah Project, which is a project to develop, test, and proselytise the use of straw bale as low-cost, environmentally beneficial, mainstream building material, and to educate and inform the public in its use.

The author has held lengthy consultation with CSIRO, who recognise the value of the concept, but who nevertheless require \$50-60,000 for the purpose of conducting all of the appropriate

CSIRO and ASA testing of fire resistance, strength, etc of straw bale as a mainstream building material using the Merrigalah Style approach.

Successful testing would include establishing appropriate standards for the use of the material and having such standards recognised by the ASA (Australian Standards Association) and the Australian uniform building codes accreditation council. National accreditation would mean virtually trouble-free approval of straw bale as a building material by every council in Australia.

The Environment

The large scale adoption of straw bale as a building material is going to result in some very substantial environmental benefits. Most people are totally unaware, for example, that growers have virtually no market incentive to harvest rice straw, which means (as stated earlier in this article) that over 600,000 tonnes are burnt every year. That figure does not include the totals for the burning of the straw waste of wheat, barley or oats, which would substantially increase the figures.

This totally scandalous waste of resources means that over 3000 tonnes of carbon monoxide, and almost 2000 tones of particulate are needlessly released and are polluting the local atmosphere annually.

Consider too the waste of our natural forest resources. Few people realise that almost seventy percent of cut forest timber is used in the construction of private homes. (How often have we heard the Australian timber industry spokespersons 'deeply regretting' the cutting of rainforest timber, while sanctimoniously talking about the 'unavoidable need to cut the timber for family homes'?)

It is estimated that if all the cereal grain straw of the United States for one year were baled, it could provide walls for over five million 2000 square foot

homes! These figures are proportionately similar for Australia – each and every year!

The most urgent and immediate objective of the Merrigalah Project is to develop and locate funding (I am not seeking donations. Please do not send money. But, help is needed in providing information about Government or other grants, and any such help would be received most gratefully.) for a credible programme of testing and verification of the very positive overseas test results, and translating these results into Australian conditions.

If you would like to know more about straw bale, please write to: The Merrigalah Project, PO Box 602, RYDE 2112.



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SUMMER FLEA CONTROL



Keep your pet pooch comfortable and flea-free this summer by trying some of the suggestions below.

To help prevent flea infestations in pet dogs and cats this summer start with a healthy diet. Add supplements such as raw garlic, brewers yeast and sulphur powder: these are reputed to be unpalatable to fleas.

Herbal repellants such as pennyroyal, wormwood, southernwood, lawn chamomile, lavender, fennel, mugwort and eucalyptus can be used in various ways. Scatter them under and around pet bedding or in other areas pets habitually frequent. Plant them around dog runs. Add oils of southernwood, wormwood, pennyroyal or eucalyptus to the rinsing water after the pet has been bathed. Do not apply undiluted oils directly to an animal's skin. Keep an atomiser bottle with an oil and water dilution made up to spray pets and their favourite sleeping spots.

You can make a flea repellant collar by soaking a length of pyjama cord in Vaseline with the oil of any of the above herbs added. Soak cord for two days.

Strip off excess vaseline/oil and tie cord around animal's neck in a knot that won't strangle it. Renew weekly, or if the collar gets wet.

Neem oil, as mentioned in GR 105, page 30, is worth a try if you have already used many of the methods previously mentioned and had little success.

A vitamin and mineral supplement called Pets Care is also a possibility for those who have 'tried everything'. See ad in Livestock section of Grassifieds, GR 105.

Fleas in carpets can be treated by spraying with a dilution of eucalyptus or neem oil and water in an atomiser. Leave for a day, spray again, vacuum on next day. Empty bag immediately after vacuuming as eggs may hatch in the dust.

The *Grass Roots Livestock Index* is able to refer you to other issues that have dealt with flea control. Priced at \$5.95, available from Night Owl Publishers, PO Box 242, EUROA 3666.

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MARVELLOUS MULCH

by The Stock Camp Cook, Tennant Creek, NT.

I always, but always, use mulch. To me mulch is anything I put on top of the soil to help hold moisture in, keep roots cool, and to suppress weed growth. I use any and all of the following:

- grass clippings, fresh or dried from the lawn mower;
- junk mail, newspapers, cardboard boxes flattened out;
- animal manure – cow, horse, sheep, goat, poultry;
- pine bark – fine or coarse;
- leaves from under gum trees with small twigs and sticks and bark;
- any vegetable peelings such as potato, pumpkin;
- old used tea bags and leaves, coffee grinds.

Some I use by themselves, others I use in combinations, but mostly I simply make a compost heap on top of the soil to which I am continually adding. Being somewhat busy I hardly ever dig a garden. I just make a garden and start with newspaper and cardboard boxes, then build it up to the height I want a no-dig garden. I also add rocks and weathered wood as part of the mulching. I then just plant straight into this and as the plants grow I mulch with whatever I have, be it bracken fern or bladey grass, cow or horse manure. Peanut hay is good, so is any other kind of hay, but every so often I do sprinkle blood and bone on to the garden soil bed.

As well as that I save urine which I break down to one part urine and two parts water; this I never let go on to the leaves of plants, only ever roots. I also use the garden as my toilet, after all manure is manure, and earthworms love it. I simply dig a small hole, about a spade deep, do my job and cover it. But that's hardly mulch, but night soil had been used by the Chinese for thousands of years and can be bought from some local councils and used as mulch. Tomato plants always seem to survive the treatment works and will grow anywhere, as will passionfruit.

Back to mulches. The deeper the mulch the better, so never anything less than eight centimetres deep. Then eve-

rything works well; air and water pass through without problems, and any weeds which do grow can quite easily be pulled out and laid on top of the mulch and so become part of the mulch. This is best done before the weeds flower and seed.

The Northern Territory is a vast place with so many different soil types and climates, and gardening conditions vary with all. Around Alice Springs you have very cold winters and often have winter rains, so mulches are important to help hold that moisture into spring and help to keep it there throughout summer. The Top End experiences different problems, in that summer rains in the wet are often downpours which wash everything together. Maybe the idea of garden edging

"Mulches ... keep soils cool whilst releasing moisture into the air around plants, and so plants will stand the heat of our hot and dry seasons."

should be to hold the mulch in place rather than having it washed away.

Gardening on cattle stations is again different because most stations have to rely on bore water which is often very hard with lime sulphur and salts, so mulches are vital. Cow and horse manure are good if applied really thickly, up to 30 centimetres thick, and broken down so they act as a filter for the water.

But the most important function of mulches in the Northern Territory is that in the heat of the day they keep soils cool whilst releasing moisture into the air around plants, and so plants will stand the heat of our hot and dry seasons.

When using poultry manure it is always wise to alternate layers with other mulch materials, with the poultry manure on top so that it is some distance from the plant roots. This is an excellent mulch for citrus trees. Of course deep litter poultry manures are the best to use but sometimes hard to obtain.

Most newspapers and cardboard boxes will rot away quickly if kept moist so the earthworms are encouraged to eat it. The use of a paper shredder is very helpful, giving a finer texture to the

mulch, which wets quicker and so gets the job done quicker. I mulch all my junk mail – may as well make use of it. In the Northern Territory the only problem I have encountered with the use of paper for mulch is that white ants and termites will invade the garden very quickly as they love it.

When using pine bark, leaves, twigs etc, I find the finer bark the best as it rots quickly. Leaves and twigs are almost indispensable in a native garden, not only do they function as moisture retainers and weed suppressers, they also encourage the growth of all the little micro-organisms in the soil which are so needed by our native plants.

Pine needles from under large trees can be used as well, but they do make the soil acid, as will the bark, so it is best used for acid loving plants.

Coconut fibre from old mattresses or lounge chairs found at the dump can also be used as mulch. Old carpets, but not

the rubber-backed ones, can also be used, as can old sacks – the list is endless.

Mulches such as green grass clippings, lucerne hay, or fresh manures are best kept away from the trunks of trees (about five centimetres) because they all make heat as part of their breaking down and so may burn the trunk, especially in young trees.

With the use of mulch you will notice an increase in earthworms and other earth-friendly creatures. In the Northern Territory I use mostly animal manure and so dung beetles become my earthworms and break down the manure quickly, at the same time letting air into it, which is what is needed in these heavy black clay type soils.

Mulch is terribly important in sandy soil. In such soils it should be dug in every so often.

Used tea bags are useful to place over holes in pots as they act as drainage, yet at the same time holding a lot of moisture in the pot. Well I hope this has been of some use to someone. Bye for now.

More from The Stock Camp Cook in the next issue, when he will share the 'sheer bliss' of his life in the Northern Territory.

HOME WORKSHOP BOOKS AND PLANS

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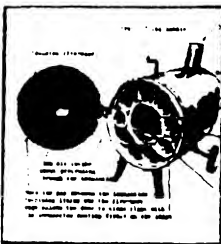
AUSTRALIAN DESIGNS — Our projects are designed in Australia for Australian conditions using easy to get bits and pieces from your local area.

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You do not need to actually build your invention This manual shows you how to draft out and lodge a "Provisional specification" for \$60.00 This gives you 12 months of patent protection in which time you can sell your idea to a manufacturer or promotional agency for outright cash or royalties. The only work you need do is fill in the forms - about 1 hours work, on average and pay the patents office a \$60.00 lodgement fee. We explain all about patents, how to fill out the forms, and show completed examples to make it easy for you. **P40-\$7.00**

Portable Stove

This is an unusual design, very easy to build and capable of all types of cooking, roasting and barbecuing. Lightweight and works in pouring rain. Uses all types of fuel, eg wood, news-paper, coal, etc. **PS51-\$6.00**

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This is a brilliant design, being easy to make, low in cost and exceptionally efficient. It will heat heavy pieces of steel to a soft plastic state in a few minutes. Plans included for making old style bellows, and procedures to harden, temper and anneal steel. **F52-\$9.00**

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Make tools, chisels, etc, from ordinary steel, then case-harden to a hard tool steel finish. Harden shafts, tractor pans etc. Methods formulas and techniques for use in the home workshop The mixture is absorbed up to 1/8" into steel by a heating technique. No special skills needed. Chemicals are cheap and easily obtained. **CH53-\$7.00**

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With the information contained in this manual you will be able to make your own products to use in the home, workshop or on the farm. All chemicals are readily available, with the names and addresses of Australian suppliers included. You will learn how to make paint of all types, i.e. rustproofing paint, fire-proof paint, luminous paint, marine paint, latex paint, putty, household cleaners, ant repellents, fly killers, soap, cockroach spray disinfectants etc. Formulas are also included for making imitation marble plastic, imitation gold, gunpowder, rocket fuel, etc. All formulas are relatively simple, do not require any special equipment and can all be made at home. **F16-\$6.00**

How To Build A Portable High Voltage Power Plant And Welding Unit Using A Second-hand Car Or Truck Alternator

Research and Design by Jim Alloway

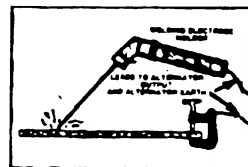
This special research manual shows how to convert old car alternators into a high voltage power plant and welding unit. This unit will run 24v lights, power tools, heating tools, universal brush type electric motors (will not operate induction motors).

You will be able to fast charge batteries, arc weld, fusion weld with carbon arc rods, solder, braze, cut steel and heat steel to near melting point for shaping and bending.

Old 35 amp Bosch and Lucas alternators work very well. The modifications are easily done by anyone with ordinary tools. All the required parts are available from auto electricians or auto accessory shops and the total cost of parts is \$12.00 to \$15.00.

As a guideline to performance one 35 amp alternator will run 240v lights, drills, spot weld, heat steel with twin carbon arc rods and do light welding. Two 35 amp alternators wired in parallel give an output of 70 amps which is adequate for most applications.

NOTE: You do not need a welder - this unique design enables welding leads to be connected directly to the output terminal of the alternator. The amps/voltage ratio is easily varied and controlled, enabling a low voltage, high amperage weld.



ing current output from a direct connection on to the alternator.

In addition to using your existing car alternator and pulley you will learn about various drive line options including a high speed ground level wind chute power turbine which you can build yourself and a water wheel with enough power and torque to twist and break a 25mm solid steel drive shaft. Included is a simple method to convert old car generators into 2-speed 12v electric motors and a special section on formulas and chemicals which you can use and make yourself to rejuvenate old batteries. **P37-\$9.00**

How to Make Alcohol Motor Fuel

This manual shows an easy method of making alcohol fuel (methanol) by fermenting plant and vegetable waste. Methanol can be added to petrol as a fuel extender, or used straight with a motor carburettor adjustment. Methanol is water soluble which means it can be mixed with water, and in fact will absorb water from petrol tanks. Methanol, water and petrol will all mix and dissolve into smooth motor fuel which is efficient and economical. Production is slow and not suitable for commercial ventures. However, it is a fascinating and rewarding project. **P23-\$6.00**

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A TROPICAL CHRISTMAS

by Susan Hands, Innisfail, Qld.

Christmas in north Queensland is a time of waiting. Naturally when I was a child it was a time of 'waiting for the presents', but the real waiting at Christmas is for the weather to break, for the storms to herald the start of the 'wet season' and for some relief from the intense heat. Last Christmas we watched a storm make itself up in the North Johnstone Valley, swirl down past Babinda and leave us sweltering in temperatures that could literally cook an egg dropped directly onto a bare rock.

Sometimes the storms come early and Christmas day is spent with the sky emptying enough water to make you stroll onto the verandah and say, 'Do you think we should put out extra plates for Noah's lot?'

Nowadays with our greatly improved road system there's a fair bit of travel at Christmas, but years ago you stayed put, for once the storms broke, where you were was where you remained.

1993 INNISFAIL CHRISTMAS

On Christmas morning, at 8.30 am, sweat streaming from our bodies, we, including my seventy plus year-old mother and father, drove ten minutes up the road and threw ourselves into Goolagan Creek. In 1993 the 'wet' was late.

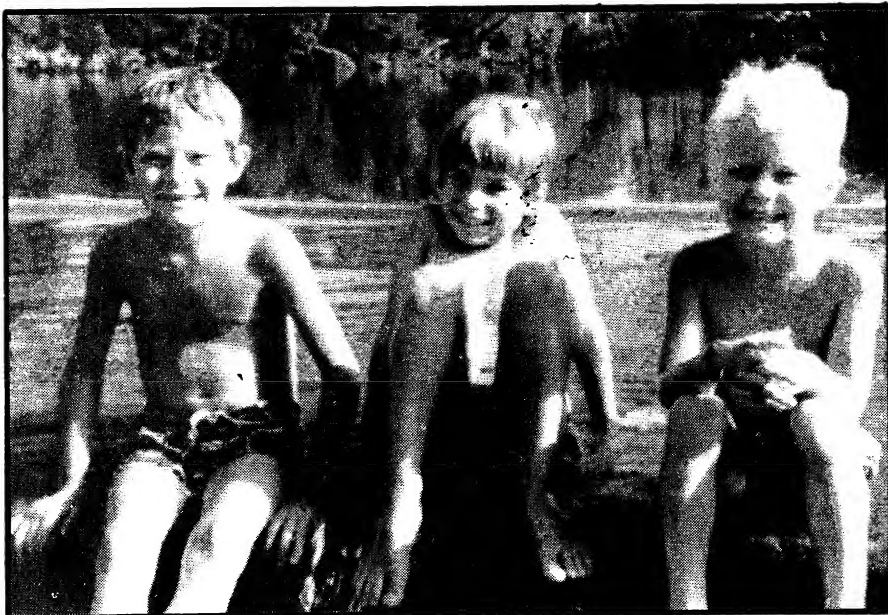
To me the ideal Christmas is spent eating watermelon with your feet dangling into a mountain stream. You can spit the seeds freely into the water, giggle when the mountain trout nibble your toes and then dive into the water to wash the watermelon off your face. This is paradise. (Though I believe the yuppie set like Christmas at an airconditioned restaurant, still nibbling watermelon, but watermelon lashed with white wine.)

Christmas in north Queensland also means mangos. All the old common mangos start dropping their crop around Christmas. The fruit piles up on the sides of roads, floats down the creeks and teenage boys rub them into the hair of teenage girls. Everybody's mother collects the mangos and, with whinging children supposedly helping to peel and slice, the mothers make up enough chutney to last the whole year.

USING THE MANGOS

Mango Chutney

1½ kg mangos seeded & sliced (12 medium sized)



Christmas 1975. The children cool off in the Mitchell River.

½ kg raisins sliced
½ kg dates sliced
2 cups of rosellas seeded & sliced
3 tbsp salt
1 bottle vinegar
250g garlic
½ kg green ginger, grated
chillies, if that's your thing
1.25 kg sugar

Boil mangos and rosellas in vinegar until soft. Add raisins, dates, garlic, ginger and salt, boil approximately 20 minutes. Add sugar, boil one hour or until thick. Allow to cool then bottle. Store in a cool dark place.

Mango Face Pack

(Absolutely great for skin if left to harden)

1 x 15 year old girl in swimming togs.
1 x older boy cousin visiting for Christmas.

dozens of ripe mangos.

The boy picks up the mango, pulls down part of the skin and rubs it in the girl's face. She kicks him, dives into the creek then heaves the rest of the dozen mangos back at the boy cousin. I can guarantee that it gives a tingle to the facial skin.

1937 CAPE TRIBULATION CHRISTMAS

On Myall Beach the Christmas cricket match was played between the Myall Creek Mob and the Cape Tribulation Triers. Nine-a-side and the Myall Creek

Mob won. The weather was b... hot but dry, the storms stayed away that year until the end of January.

After the cricket match all the men drank KB Lager which had been cooled in Myall Creek – and they thoroughly enjoyed the drink as the next was probably a year away. Those in the team under 16 years, and the ladies watching, drank ginger beer (homemade) or cordial made from sugar and lime juice bottled during the citrus season.

Ginger Beer

1½ kg loaf sugar
16 lt water (boiled)
juice and rind of 4 lemons
90g ginger
30g cream of tartar
3½ tbsp yeast

Put lemon rind, juice, sugar, ginger and cream of tartar in an enamelled vessel and pour boiling water over. When just warm add yeast, stir. Cover with cloth, stand overnight. Next day, strain through muslin and bottle. Cork and keep in a cool place.

In 1937, in the heart, and heat, of the tropics, Christmas dinner was still the traditional English dinner – whenever it was economically possible. Usually baked ham and roast chicken with whatever vegetables were available, followed by Christmas pudding topped with egg custard.

GRASS 33 ROOTS

Christmas Ham

1 ham, boiled for 1 hour
 $\frac{1}{4}$ tsp cloves
 $\frac{1}{4}$ tsp pepper
 $\frac{1}{2}$ tsp celery seed
 2 tsp chopped onions
 lard
 plain flour
 baking soda

Wash ham, rub well with baking soda and scrub with a vegetable brush. Rinse in cold water, trim neatly and put into baking dish skin side down. Mix seasonings in a cup, spread over meat, sprinkle with chopped onion. Make a sheet by adding slowly one half cup of water to one cup of flour, roll out in a sheet and cover the whole flesh of the ham, tucking down close to skin. Fill the pan two-thirds full of hot lard. Bake four hours, baste often.

Remove from pan, remove paste – which can be eaten as the entree. Make sauce from juices. Serve with baked sweet potato and baked pumpkin and pickled onions, beets, cucumber or whatever was available from the earlier winter crop.

When rice was plentiful, my mother would make a stuffing for the chicken from rice boiled 12 minutes and combined with chopped onion, chopped bacon and an egg.

The Christmas pudding was boiled in the washing boiler downstairs.

1932 CAIRNS CHRISTMAS

An extract from my great grandmother's diary:

Xmas day and we hung our stockings and put our presents in them and of course there was the usual big feed. Lorna got sick and could not eat dinner. Fred gave Peggy and the girls a present, Peg stockings, the girls a toothbrush each. My comb passed off good [sic] and the girls loved their little berets. Peggy gave me a little brooch. They played cards in the evening but I went to bed and read my new novel.

In the entries for the previous weeks she describes how she cooked, knitted or sewed presents for all her numerous children and grandchildren – and she owned a sugar farm. In those days there was never an extra penny. Yet Christmas then as now was a time for the family, a time for being together.

Our rivers are so small on world terms that even if the volume of water in every Australian river was put together it would still be less than half the water carried by the Amazon River in South America.

LAVENDER DOLLS

by Robyne Neal, Victor Harbour, SA.

Lavender is one of the most useful plants in the garden. Its distinctive lingering perfume makes it an ideal choice to utilise in many fragrant gift items. These dainty lavender dolls make an unusual gift for a variety of occasions.

HOW TO MAKE

Materials

templates – 12 x 20 cm rectangle
 – 8 cm diameter circle
 thick paper
 air-soluble pen
 pipe cleaner
 fine fabric or net
 12 x 20 cm cotton print fabric
 9 x 9 cm white cotton fabric
 42 cm narrow ribbon
 40 cm narrow white lace
 3 cm diameter wooden bead
 paint
 fine paintbrush
 lavender flowers

Method

From thick paper, cut out a 12 x 20 cm rectangle and a circle 8 cm in diameter to use as patterns for cutting out the fabric (ice cream containers are good templates). Cut out a rectangle in printed fabric and a circle in white fabric.

With the air-soluble pen, draw a line parallel to the bottom edge of the printed fabric, 3 cm from the edge.

Stitch a piece of ribbon 20cm long to this line.

Stitch side edges to the printed material.

Fold printed fabric in half with right sides facing and stitch a seam 1 cm wide leaving an opening, allowing 50 mm for seam.

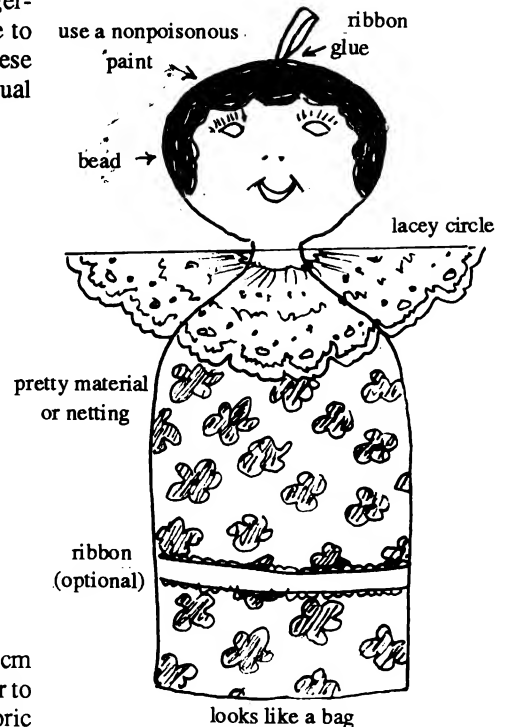
Fold 1 cm of top of the top edge of the bag to the wrong side. Close top of bag using double thread.

Stitch lace to edge of white circle.

Fold white fabric in half with wrong sides facing and sew the centre of the bag's gathered edge.

Fold the remaining 22 cm ribbon in half. Seal the edges and sew them firmly to the centre of the white collar to form a loop.

Lavender Doll



Insert a pipe cleaner into the hole in the bead to hold it steady. First paint the hair and then the eyes and nose. Paint cheeks pink and mouth red.

Leave to dry thoroughly and thread the bead onto the ribbon loop. Push it firmly down onto the white collar.

From any fine material or net make a small bag 5 x 5 cm and stuff it with lavender or potpourri. Place in opening left in seam.

PLANT GUILDS

A guild is a deliberate grouping of plants, animals and structures for mutually beneficial results. It is an extension of companion planting. An example is a garden bed with basil, parsnips, chives, borage, tansy, capicum growing in the shade of a medlar and an *Albizia lapantha*, with a group of frogs in residence.

PLATYPUS HYDRAULIC RAM PUMP

(As designed by Iain Mathewson - GR 95)

If you have a permanent flowing stream with a modest fall, your water can be pumped free in an environmentally friendly manner.

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Livestock Health and Management

Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

Thank you for your magazine which has been so helpful and informative. We have been reading GR for two years. Thank you for all the helpful hints for my cattle pup with the ringworms at the beginning of '94. She did get over her outbreak, but not before passing it onto our German Shepherd and myself. How can I get my chooks out of the habit of eating their own eggs? My production is very low for this time of the year. They are 18 month old Isabrowns and I have tried over-feeding them to get them away from their interest in eggs, given them plenty of water, collected the eggs early, let them out early to free range for more hours in the day and provided shell grit as well. I would like to separate them but due to two clucky hens and their family of three week old chickens it is impossible at this time. I don't want to give them the chop, not until I have given them every possible chance. And I don't know what else to do.

My other request is: we have pigs, can I put brothers over sisters or will I have to get another boar from an unrelated bloodline?

Finally, can any readers help me with information on silk worms and how to look after them? And where I can obtain some? How much? I know they eat mulberry leaves which I do have. I have spun silk before and really enjoy doing so and would like to do my own if possible.

**Chris Robinson,
CABOOLTURE 4510.**

Thank you for your note re the puppy's recovery from ringworm and we hope you were able to quickly smother the outbreak on your Shepherd and self. Egg eating usually starts as a result of accidentally broken eggs, and the hens being curious by nature sample the contents. Sometimes one or two like the eggs so much they develop into regular egg eaters, learning how to break the shells and cleaning up the shell and contents so effectively the owner doesn't suspect the practice is going on.

It is possible your problem may be due to the particular strain of hens you have, if they are genuine Isabrowns. This strain of commercial hybrid was developed overseas and has only recently been released on the Australian layer hen market. They were touted as wonder birds but have fallen short of expectations for a number of reasons. Being a commercial strain they were developed for spe-

cific and predictable conditions – environmentally controlled sheds and high protein rations amongst them. Having to cope with high ambient temperatures plus forage for a considerable part of their food may be stressing them considerably. They may in fact be eating the eggs to even out a nutritive shortfall in their diet, particularly as you have implemented all the usual steps to control or deter this vice without success. If you are not already feeding them a pellet ration, it would be worth obtaining a high protein layer pellet (16% minimum) and see if the vice stops when they are ingesting this. If they are just getting scattered grains and household scraps, and you are relying on the free range to provide the bulk of their requirements then it simply isn't adequate for their specially formulated 'pedigree'. It is akin to feeding an athlete junk food and expecting them to win. An old-fashioned pure breed or crosses of the same would cope better with your management system, but don't forget you only get back from the hens what you put into them. Egg production would be low to average on the scraps and scratch diet. All commercial hybrids are potentially very high producers, the Isabrowns one of the highest, but I use the word potentially as this is dependent on them being kept and fed according to the guidelines to which they were developed. You will need to ascertain whether the cost of good layer pellets can be supported by the output of the hens (and associated sale of eggs). It is a pity to chop their heads off because they are not performing as desired; probably under a more intensive management system they would do exceptionally well. Consider advertising them at your local produce store with stipulations on their requirements, and replace them with a locally adapted pure or crossbred.

In regard to your question on breeding sibling pigs together, most people have an aversion to what they perceive as incest and assume detrimental effects will show up in the offspring. Inbreeding is actually the way most purebred lines of livestock have been created and breeders still use it with varying degrees today. Generally a parent or grandparent is mated to their progeny, sibling mating being the least common. Breeders close-mate to concentrate desirable characteristics, and cull the failures heavily. Of course this also results in a concentration of undesirable traits, and if there are any lethal recessive genes, these may be expressed. An example of undesirable traits may be poor leg structure or badly formed feet, and a concentration of genes for these from both family members would lead to a more exaggerated expression of these. One close-mating is not going to see marked and detrimental changes in the first generation, it is prolonged inbreeding that results in loss of

size and a lowering of fertility and vigour. With this in mind you would be advised to seek an outcross, but could fall back on a family mating if necessary, for one generation.

I have some somewhat belated advice for Colin who wrote in Livestock Health & Management GR 101 about a problem with sores on his cat.

Some years ago I had a cat with similar sores and associated dull coat. My vet prescribed Ovarid tablets (20 mg) which are actually a female hormone extract and which worked wonders. The dose is very small – $\frac{1}{4}$ tablet every couple of days until the condition is under control then only every week or so. He stressed that they would control, not cure, the condition, but the only side effect is that the cat becomes a little hungrier and more affectionate. Apparently the sores are an allergic reaction, possibly, but not conclusively, to fleas and some cats are more susceptible than others. One of my current cats also suffers from the condition so I asked the vet, a different one, for the tablets which he agreed are effective but which I had to request before he thought to prescribe them. The cat, incidentally, is a neutered male. The treatment works equally well on males and females alike.

A flea control for dogs I have recently been told about is to feed daily one small clove of garlic. The daily was stressed – either in a meal or any other way which proves successful. My dog is a labrador who eats anything and everything so I have no problems. So far I have been impressed with the results. She is not nearly as worried by fleas as she was before I began the treatment. Perhaps others might like to try it. Certainly no harm can be done.

**Judy Wittney,
HEALESVILLE 3777.**

We are cruising the east coast of Australia and we have two poodles, one of them we nearly lost due to ticks. I have heard that giving them a vitamin C complex would have helped.

Would very much appreciate your help.

**A Holden.
WOODBURN 2472.**

Feedback Link-Up Feedback



Dear GR Readers,

I am an avid GR reader and I have written to ask other GR readers for help in making my dream a reality. I intend to build a HOSPICE for people with a terminal illness or disability who cannot afford a holiday or a much needed rest. It will be nonreligious and open to everyone of all ages. I want to build self-contained cottages of mud brick, rammed earth or stone, that are easily accessible by wheelchairs. Some of the things I envisage are a petting zoo for children, and a walking track easily traversed by wheelchair. People would be encouraged to help with the feeding of animals etc and the gardening of organic fruit and vegetables. People will be charged a minimal fee to cover costs or by donation.

This will not be a business or a health farm, but a place full of love and understanding where people can rest and relax in peace and quiet with plenty of healthy food and fresh air.

My need for help is for land. I don't have a lot of money, but I do have a steady income and I would be interested in vendor finance for property with or without a dwelling. I am open and receptive to all ideas and suggestions.

Also, is there anyone in the Sunshine Coast area building a mud brick, rammed earth or stone dwelling? I would like to help you in return for the experience. Anybody with any ideas, suggestions or queries, please write to me. All help will be greatly appreciated.



Ric Delzotto,
18 Parson's St, NAMBOUR 4560.

Dear Grass Roots,

I'm trying to find information/advice on MAKING INCENSE. I'd like to make my own, rather than buy, for a bit of fun and adventure. Alternatively, is there such a thing as an incense making kit? The one or two people who are involved in commercial incense making will not give away any information. They fear that they may be giving their secret away to someone who will end up taking business away from them.

Jamie Johnstone,
22 Cramb St, EASTERN HEIGHTS 4305.



Dear Grass Roots,

Well, you will have put the cat amongst the pigeons by your cat article. You may have to get an assistant, just for the extra mail. As an ex-member of a wildlife rescue team, those cat lovers do have their little heads in the sand. I first saw Sandra's letter on page 45, then the very large article on page 27. Typical of the head in the sand thoughts, she says, 'If you live in a rural area, near the bush (indeed, that would go for an awful lot of us), you should contain your pussy!' Why does she think farmers, for instance, have cats? To keep the mice down. She also says, still with her head in a bucket, 'Our cats bring home everything they catch.' Who do you think she's kidding? That's like saying your kids never tell a lie.

It's the small animals that want protecting, the ones man kills for sport would have to be larger. I recently met an ex-vet, who was also in wildlife rescue, who also had a Siamese cat, his words were, 'She's a very good hunter, but I manage to save what she brings in'. What about the ones she doesn't? Also, I can hardly believe that once a cat has either clawed or bitten a bird/animal, that it can live, not in my experience. Again, head in the bucket, she says if the cat is well fed, it won't hunt. It truly makes me feel sick to even think about that statement. I could presume that the ex-vet's cat was very well fed and looked in the best of condition.

Our local RSPCA would be guilty of keeping too many cats at their shop so as to make it all worse. Bring in a cat rego fee, to make them think some more if they want to keep them. Vets could also help by reducing the fee to have them put down. Well, I don't suppose I'll see this in your very interesting mag, the only one I buy!



Sylvia Dawson,
PO Box 91, KINGSCLIFF 2487.

Dear David, Megg and GR Gang,

Belated congratulations on number 100, and may we all be around for another 100 issues. As you can see, after 12½ years in Nunawading we have moved, and all for the purposes of putting a freeway over our old house, and hundreds of others. I have already got a few herbs to plant and plan to plant some vegies soon, so in a few months we will be eating our own home-grown vegies for the first time in ages. The old place had such poor soil and drainage, even after lots of composting, that it wouldn't grow anything, and now we have good soil, and a compost heap already.

I'd like to pass my thanks to the person who passed my address on to Lorna Eldridge (previously Madden) through her son Noel. I can't thank you personally, as I don't know who you are, so please take this as a thank you.

The council here are to be congratulated for their recycling programme. In the old area we had a 240 litre wheely bin which was for nearly everything (including, would you believe, garden refuse), and a small bag which was only for glass, aluminium cans and soft drink bottles. No milk cartons, steel cans or other plastics allowed. Those were collected weekly, and papers, cardboard etc had to be stored for a month before collection. Here we have a 120 litre bin for rubbish, and in the 240 litre bin goes all paper, cardboard, steel and aluminium cans, glass, all plastic bottles, milk cartons (the cardboard waxed ones) and anything else that can be recycled. I still feed Boris the dog, and the compost heap, all our food scraps and weeds and lawn clippings go to the compost, so there's not much left to dispose of and the 120 litre bin doesn't need to go out every week. The recycling bin will be going out often though.

Some of the cardboard boxes we used for moving house will be broken up and used on the gardens in place of black plastic or weed matting, and the waxed ones I'll fill with soil and grow potatoes in, and maybe carrots as well.

If anyone is interested in buying environmentally friendly, biodegradable cleaning products, all made here in Australia, please contact me, and I will be able to help. The range includes phosphate-free laundry products.

PS: Heather McFarlane, I've lost your address and can't reply to your last letter, so please contact me!



Vicki Judd,
59 Beresford Dve, BORONIA 3155.

Dear GRs,

Being GR readers for many years, we find it necessary to write and appeal to all GR people to help if possible. We have recently had STOLEN one '78 model Ford Fairlane (JSK 590), faded aqua in colour. This car is being driven by a 26 year old, 5'6" tall with curly red hair. This chap also relieved us of \$1800, three saddles, seven bridles, two camp ovens, one antique rifle and other small items. This has left us stranded and penniless (with three young children). We thought we could trust this man as we took him in and were in the process of establishing a small horse riding business. We believe he has headed for the NT or Qld. We would really appreciate any help at all if you sight this chap or the car. If sighted, please call Wellington Police, 068-451-922, or 015-106-139, or page 016-632-983.



Andrea Bullen,
PO Box 38, MOLONG 2866.

Dear GR,

I'd like to thank all the people who wrote with advice on my guava which had lots of flowers but no fruit. I tried them all and something worked (I think it was the Epsom salts), anyway thanks to everyone.

To Karojoral - see if you can get tested for systemic lupus. Newcastle Hospital experimental section came up with the fact that a very large percentage of people they tested with ME were positive to SLE (lupus) also. Good luck.

To Ken Mason - I was very impressed with your poem 'The Face of a Child'. I don't suppose you have a book published? Have you been in touch with 'Gone Bush Poets'? (Write to Gail Hill, Fingerfield Rd, Rosedale 4674.)

Also, does anyone know of a mail order source of essential oils?

Sandra J.

Feedback Link-Up Feedback

Dear Friends,

Thank you again for all the information you present to all we avid readers. I was particularly interested in the item on **BLUE-GREEN ALGAE**, be it in rivers or dams. In a dry continent I guess the incidence is likely to be a forever problem. But from what has been written, a key issue seems to be lack of oxygen in the water, due to the take-up by the algae and/or the stillness of the water, losing its oxygen content. I wonder, certainly in dams, could pumping air into the water counter the growth of the algae?

Have recently been enjoying the eating of *Monstera deliciosa* fruit, but it is tedious to remove the black seeds. Are there any quick and efficient ways to prepare? Also, are there any recipes for the use of this delicious fruit in jams, cakes, wines.



Roy Banks,
'Anston House'

Tongarra Rd, ALBION PARK 2527.

Dear Megg and Crew,

Great mag you have there. Did you know that if you soak liver (pig, calf or lamb) in milk and a pinch of bicarb overnight, next morning rinse in water then cook in the normal way, it sure tastes great? My seven year old even likes it. I would like some help to make bread without any additives in it, Keith can't have bread and we are getting sick of damper all the time. Please help me.



Carol Curtis,
MS 1292, NANANGO 4615.

Dear Editor,

Firstly may I just state how enjoyable it is to read a completely true and interestingly useful magazine. My introduction to your magazine was quite by accident as I had just been employed to deliver your copies from Shepparton, in June '93, and since reading the issue you supplied to me I have become a regular.

I would just like to take this opportunity to contribute some assistance regarding medicinal herbs, there is a book by Maria Treben, *Health Through Gods Pharmacy*. This book covers a lot of ailments, in particular it may be of assistance to R&R Wells, GR 103, for varicose veins. Calendula ointment rubbed on daily will remove them in four to six weeks. I look forward to many more years of enjoyable learning.



Ian Bryce,
Victoria Lake Caravan Park,
SHEPPARTON 3630.

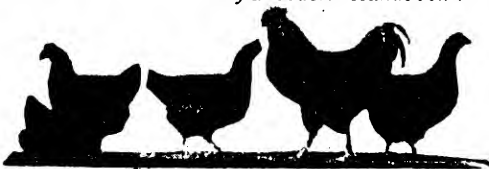
Dear Grass Roots Readers,

I have been trying to track down a copy of Rick Kemp's *Exhibition Poultry*. (Not the full title but I'm not sure of the rest.) It is in hard cover and is published by Kangaroo Press but is currently out of print. Should anyone know where I might be able to purchase a copy, new or second-hand, I would be most grateful to hear from them.

Judy Witney,

'Minkara', Chum Creek Rd, HEALESVILLE 3777.

Full title is 'Exhibition Poultry Breeders' Handbook'.



Dear GRs,

After reading GR 102's letter from Jill Moor, Kaitaia, NZ, re brucellosis, I thought I'd add my warning about contact with animals. I've been a vegetarian for 33 years and therefore couldn't have possibly contracted campylobacter from eating meat (which is the usual way to become infected). However I have this notifiable disease, apparently for life, although luckily it has only surfaced once since the original outburst three years ago; not a nice experience. My warning is to be very careful when collecting/handling free range chook eggs. I wore woollen gloves under rubber ones; I've found this reduces sweating. After taking them off I had a ciggy, thinking my hands were clean, protected by two pairs of gloves! I must have had a minute hole or holes in my outer gloves and 'the bug' got through to my skin - then into my mouth/body via my cigarette. This proves a couple of more points, aside from thoroughly

washing hands - they are - smoking is not good for you and beware when stealing eggs from chooks!

The Hermit, (Ms)
South Canterbury, NZ.

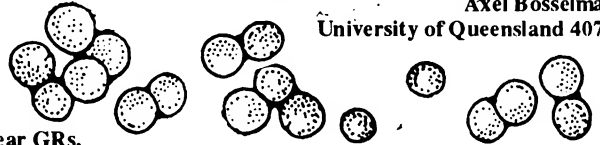
We think you are referring to *campylobacteriosis*. This is the closest we could find in our poultry books. *Campylobacters* are usually sensitive to streptomycin, erythromycin and tetracyclines. Furazolidone is an effective antibacterial agent to use for *campylobacteriosis* in poultry.

Dear GRs,

I hope someone inventive out there can design a **HARVESTING MACHINE FOR NEEM**. Without it there may never be a viable industry, here or elsewhere. Contact me for details if you are interested.

Axel Bosselman,

University of Queensland 4072.



Dear GRs,

I don't want to sound like a smarty pants and correct your article, but.... Your magazine is so highly appreciated that I feel I have to make you aware of the statement that: 'They (Queensland or macadamia nuts) are sometimes called buah keras, candlenut or kemiri' is incorrect.

The **KEMIRI OR CANDLENUT** is the *Aleurite moluccana*. I lived for years in Indonesia, where it was always used in cooking. I hope you'll inform Pamela Odijk and give her my love and compliments on achievement!



Mrs C Quivooy,
553 Branyan Dr, BUNDABERG 4670.

Dear Megg, Staff and GR Readers,

First of all thank you very much for a great magazine. I look forward to each issue as this is the first year I have been able to subscribe. Hopefully over time I'll be able to gather some back issues. I would just like to let everyone know about a **VITAMIN COMPANY** that I feel is doing the right thing for the environment and its customers: Golden Glow Natural Health Products, PO Box 45, Virginia, 4014. Their prices are very good, top quality products and cost only \$1.50 postage, any amount and anywhere in Australia. (Express delivery only \$3.00 extra.) They also use popcorn as packing. You can feed it to your chooks etc or put it in your compost bin. Hope this information might be of some help.

Here is a hint that was given to me years ago, by my lovely aunt and used with great success. When you have a ticklish cough that won't let you sleep at night, put some metho in the centre of a folded cloth (old tea towel etc), and place on your throat and tie loosely at the back. It really works and lets you get a good night's sleep.

Karyn Kaye,
NARANGBA 4504.

We must give credit where it's due Karyn, and endorse your comments about Golden Glow. Some of us at GR have dealt with them for years and found the products to be excellent, the prices very reasonable, and the service second to none.

Dear GR Folk,

Having only recently unearthed this beaut magazine - a treasure trove of wonderful ideas - I feel a pang of regret that I didn't know about it earlier. I have missed out on so much invaluable information. (Perhaps the local library will have some of the earlier issues!) Anyway, the general mood of GR has inspired me to seek out information from your readers that may help me realise a long-time dream to own and live on a 30-35 foot yacht (and of course learn how to sail it!). I'm wanting to know about any regulations regarding such a 'dwelling' in the area between Brisbane and the Sunshine Coast; what the costs of mooring generally are; other regular costs involved; what sort of power is used for things such as lighting, cooking and, dare I ask, hot water. Anyone with such information or stories of such a style of living would be gratefully received as I really don't know anything about **SAILING OPEN-WATER CRAFT** or the ups and down of living in the confines of a tub. Thanks again GR for igniting that flame of inspiration and putting some wind in my sails.



Nushka,
7 Creek St, TOOWOOMBA 4350.

Feedback Link-Up Feedback

Dear GRs,

I am a partner in a 25 acre property just three kilometres from Gulgong, in the heart of the Mudgee wine growing area. The property is fully arable with a large old farmhouse on it. This house, with four bedrooms, sleep-outs, a large office etc, could easily be classified as a six bedroom home, is certainly in need of some TLC. It is however, most definitely liveable and has been rented out for the past five years.

Given the fact that this property is in a major tourist area, I am looking for GR people, who feel that they could help develop this property as a **TOURIST ATTRACTION**. Anyone who is interested in organic farming, permaculture, horses or animals in general, art and craft or handyperson work, who feels they could share accommodation and acreage with like-minded people is invited to reply. In monetary terms, the lease/rent arrangement would be minimal in terms of the financial rewards and personal satisfaction participants could expect. Anyway, if any of you fellow GR readers are interested in this proposal or have some ideas of your own, please write to me.

Tim Egan,

PO Box 109, JAMBEROO 2533.



Dear GR,

We are modern-day nomads, having lived in various parts of Australia and UK over the years and recently made a trip to Mackay and back down the coast to the Tweed Valley and Mt Warning. Stayed there for about a year and enjoyed that area immensely. Decided to check out MOs and co-ops with the view to sharing, but were most disappointed...drugs, lack of communication, piles of rubbish, legal uncertainties and a list of do's and don't's. Sadly, we gave up, deciding the best co-operative was our own personal friendship. So, here we are in changeable Victoria again. We're not suggesting all **COMMUNITIES** are as above, surely some aren't? But, where are they? Perhaps there is another couple out there who has experienced similar problems and would like to pool resources and ideas?

Joan and I tend towards simplicity and try to view life through holistic concepts. We enjoy poetry, classical and folk music, crafts, gardening, building, penetrating conversations and view our lot here as a voyage towards understanding. We try not to have expectations of one another and see our relationship more in terms of abiding friendship. It is difficult to enlarge one's inner circle of intimacy when the majority of the world values seem mercenary and intent on nurturing exclusivity in relationships.

If anyone out there wishes to know more about our journey, or is interested in sharing poetry, philosophy, music, conversation etc, feel free to write. Also we would like some ideas on building an octagon, or any other unusual, unconventional type homes, and owner builder information for Victoria.



Joan & Mike,

7 Cobham St, TERANG 3264.

Have you seen 'Owner Builder' magazine? It will have all the building information you require. Available from newsgagents or by subscription. See GR Grassifieds, publications section.

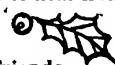
Dear GR,

My wife and I have finally made the move to our block of land near Darwin River Dam, 82 kilometres from Darwin. While waiting for our lined steel shed to be built we started planting our tropical fruit trees in tubs so they'll have already grown some by the time the place is finished. There are so many **TROPICAL FRUITS** that every week I buy a new one that I haven't got already. At last count I had over 60 varieties - we'll see which ones will do best.

Unfortunately when we arranged for the building to be done for us we didn't have a completion date in the contract, or penalty clauses. We're now in our fifth month under the tarpaulin, waiting for our place to be built, which they promised would take about one month. Anyway we take a positive attitude with the thought that with every day passing we'll be one day closer to the day when we can finally move into our own place. We're now researching an **ALTERNATIVE POWER SUPPLY** - solar seems too expensive and I'm loath to part with the thousands that it takes to get hooked up to the grid. There have to be alternatives to getting connected and to sinking bores which cost thousands. Anyway, up here we get 16 or 17 hundred millimetres of rain, but the problem is

that it all falls in three or four months. But if we have big enough tanks we'll be able to store enough water for all our needs throughout the year.

Also I've thought of digging a well. If anyone has any advice on digging a well and on home built wind generators I'd like to hear from them. Also we'd like to hear from anyone in our area.



Kurt and Mariko,

PO Box 36459, WINELLIE 0820.

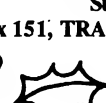
Dear New Found Friends,

I recently found back issues of GR in my local library and have been eagerly reading ever since. Keep up the great work. I am a newcomer to self-sufficiency, but eager to learn, so any recipes for shampoo, soaps etc would be gratefully appreciated. I also read about a **GINGER MINT PLANT** which could be used in place of ginger but I have not been able to find such a plant. Any suggestions?

Also any reader wanting to write to me I will reply to all.

Susan Somerville,

PO Box 151, TRAFALGAR 3824.



Dear Grass Roots,

Thanks for a wonderful magazine that just keeps getting better. It never ceases to amaze me how much info can be between its covers. I have two requests which I hope someone can help me with. The first is I'm looking for some vegetable spaghetti seeds and any recipes with or without meat using them. I've only just started my garden so have no seeds to swap yet, but am willing to buy them by sending some stamps or info on any (almost) craft you're interested in. The other request is for a **PASTA MACHINE**. I've used an Atlas Omc Marcato brand and was quite impressed, so if someone has one they are not wanting any more, or knows where I can buy one for a reasonable price, please let me know.

Karen Holmes,

Box 1596, ESPERANCE 6450.

Vegetable spaghetti seeds are available from Diggers Seeds, 105 Latrobe Parade, DROMANA 3936.



Dear Grass Roots,

In June a **CAMP DRAFT AND RODEO** and sports day was held at Glen Gordon Station at the Hot Springs area, not far from Ravenshoe. Each year it is run for one or another charity and becomes more and more popular, with more and more folk bringing their horses and camping gear. The evening sees a dance floor and orchestra very popular, despite the cold wind sweeping across the flat ground from the mountains.

Each year more people bring their stock to the events and some beautiful horses and cattle take part. Some of the bullocks involved are so used to the events that they stop bucking when the whistle blows and head for the gate and the feed bins. They quickly get used to the events. Whoever said animals don't think? Often the horses know more than their riders do.

It's a lovely valley, though dry and droughty at this time of the year, with frosts hovering in the offing. Yet children seem to enjoy a dip in Blunder Creek at the bottom of the home paddock. It's sheltered, perhaps they are young enough to just enjoy the water, cold or not.

The St Theresa ladies put on a very heavy menu for sale, but ran out long before all were served, and the competitors seemed to all miss out on tea that Sunday night. For the first time the Camp Draft Association put on the rodeo under lights, so the competition was real. It was, and always seems to be, a very well behaved crowd that goes to this weekend. Now the dust has settled and another Camp Draft Association is planning another event in the coming weeks before school begins again. Lets hope the sun shines on that one too, for it's also for charity.

Nancy M Kelly,

PO Box 199, RAVENSHOE 4872.

We hope it was another successful event Nancy - they sound like great fun for all.

Feedback Link-Up Feedback

Dear GRs,

Hello! My name is Gulru Noyan. I am from Geelong. I work for and own **ENVIRONMENT GARDEN DESIGN**. Business is good and we are designing mud brick homes and organically sound gardens. We can tell you that land prices are good in this area and that there is a lot in the coast and bush. Also there is 'The Parks' which has thinking homes. Our lands are a step back from the rat race and we are considering a large village development of do-it-yourself, out of doors, vegie patch, new and friendly, organic places. I see that I will be creating a lasting, quality and sociable community. I also teach students from Deakin University how to plant, orchards, vegetable patches and crops. This has been a great influence on me and them.

We can suggest, guide and show, network and teach, if you can get in touch with me. If you would like to participate I welcome all letters, personally or in Feedback.



Gulru Noyan,

35 Altair Ave, LARA 3212.

Dear People,

Someone asked about making **YOGHURT USING MILK POWDER**. It's quite simple and we rarely have a failure. We add seven heaped dessertspoons of full cream milk powder to about 900 ml of warm water in a one kilogram plastic commercial yoghurt container (any container will do). The water should be just warm so that when you put a finger in it, it feels neither warm nor cold, more or less body temperature. To this we add a dessertspoon of acidophilus yoghurt which can be bought from a supermarket. This container with lid is then stood in a large saucepan of slightly warmer water, then the saucepan is placed in a styrene tomato box and wrapped in a sheepskin, all of which keeps the yoghurt warm for the five or six hours it takes to set – much more than that will often cause it to separate, so keep an eye on it. Sometimes, in cold weather, we have to replace the warm water in the saucepan.

On another subject, we are still keen to have someone **SHARE OUR SMALL HOUSE** and our 30 acre Hunter Valley bush block. We have a caravan which we offer in exchange for help around the place, and very few mod cons. We are 46 and 43, both self-employed, and our interests include yoga, meditation, naturopathy, herbalism and environment. We would also welcome self-sufficient passers-by who would like to visit or camp overnight. We've met some nice people through GR.

Denis Rothwell and Bhakti Saraswati,
Littlewood Rd, Nth ROTHBURY 2335.

Ph: 049-382-036.



Dear Friends,

First off, thank you to all who sent me information on **COLTSFOOT**. There were so many letters I am unable to write individually. I acquired a plant which was growing rapidly. I decided to give my turkeys a day of freedom and their entree was my coltsfoot plant. So now I am patiently waiting for it to regrow. Chinese medicine was also suggested so I am in the process of finding out more.

Another subject. My husband, Kev, and myself are going through, older editions (a friend's) and he is very interested in '**POWER FROM STEAM**' (GR 81). Anyone who has any information on this subject we would greatly appreciate hearing from you. I am after photocopies of homemade earrings from *Fireside Reader*, p72. Also air freshener (GR 70). I will supply SAF if required.

Thank you again for your help. I've never known Kev to read for so long until he discovered GR.

Kev & Ria Murray,

160 Harvey Rd, GLENWOOD 4570.

Dear Friends,

It is always encouraging to read of the experiences of people making it back to the land, as well as those aspiring to this. Also understandable that, with the hard work to be faced, one tries to find shortcuts, or acquire some of the conveniences that modern technology can provide. This seems inevitable if you are trying to 'do your own thing'. However, if there is one broadly-based factor which has caused the disruption of indigenous peoples everywhere, or the alienation of the environment, it is modern industrial technology. Even the choice of a single crop can change a whole culture, since multinational agribusiness controls the

back-up for many food plants, tailored by them to require fertiliser, pesticides and so on.

This letter then is about **BEING A PEASANT**. That is, living without the all-pervasive media and electronics (TV, etc), without big brother, cultivating land by simple methods using plants that are profitable this way, such as sought after herbs and less common food plants, practical creativity in village crafts and do-it-yourself entertainment in an extended family setting, and traditional lore.

This is still possible. The Amish subculture in America demonstrates that a whole group of people can say no to 'improvements' whereby modern man is rapidly making this earth unliveable (witness global warming, increasing climate extremes, disappearance of animal and plant species, etc). It doesn't have to be a commune, but I welcome any expression of interest from anyone serious about getting away from individualism and consumerism, which habits promote and perpetuate modern technology. After all, that is what *Grass Roots* is about.

Kevin Smith,

PO Box 213, KATOOMBA 2780.



Dear GR,

Try Dolomite for warts (from health food shop or chemist), as tablets or powder. I have used **DOLOMITE** for my seven children when they had warts, with complete success, admittedly they only had one or two warts each at the time. Take 2x500 mg tablets each morning and evening. Expect to wait for three weeks before seeing definite shrinking of wart. My mother-in-law told me of this – she used it for her children.

I am looking to buy a copy of *The New Real Book* – a music book for drummers. Can anyone help?

Thank you for a great magazine – it never fails to inform and satisfy.

Irene Colefax,

PO Box 110, KURANDA 4872.

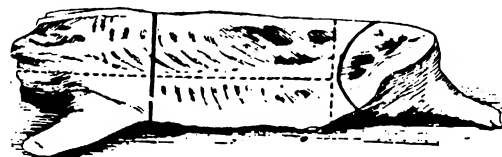


Dear GR,

A recurring problem for people living in the bush away from power and town water seems to be the problem of **KEEPING MEAT**, milk, in fact many proteins. It is a fact that peoples of the world who live near the equator usually don't have much refrigeration. They have adapted their living and diet to suit the prevailing conditions. Maybe if we study a few cookbooks from these countries in hot climates we may cope better. I know this is an outrageous suggestion and some people may fall out of their trees, but just think about it.

Roberino,

Lot 4, Arrawarra Beach 2456.



Dear Grass Roots Friends,

Well, it's finally happened! We moved to our own block of land between Wondai and Kingaroy and left the rat race.

We have a few questions, as new residents of the bush. Perhaps someone can help. We're looking for sugar-free recipes for jam making. Actually, we don't use any type of sweetener at all, so any hints on getting a good consistency without much added stuff would be helpful. We've been looking for articles on growing garlic, but haven't had much luck so far. Could someone from the South Burnett area advise us on the best herbs and aromatics to grow in this area?

And lastly, we would like to buy a 12 volt juicer, but can't find an area dealer. If someone could provide us with some info or if someone nearby has a used one to sell, please contact us. One more thing. We thought we had some info on ants nest floors, but can't seem to locate it. Was it in a back issue of GR?

We will answer all letters and are looking forward to any replies.

Darlene & Bill Johnstone,

Lot 8 Sellers Rd,

MS 612, KINGAROY 4610.



For sugar-free jam recipes see GRs 35, 57 and 83. There was a short article on growing garlic in GR 85, p 41.

Feedback Link-Up Feedback

Dear GR Readers,

I am a primary-trained teacher, thinking of opening a COMMUNITY SCHOOL in the Daylesford area within the next five years. I am sure that there are many people who, like me, are disenchanted with mainstream education, and are looking for a practical alternative. I believe in addressing the total needs of the child (body, mind and spirit), and while I believe it is vitally important for children to have a solid grounding in 'the 3 Rs', this should not be at the expense of their spiritual and emotional growth. I think that the Steiner system holds many wonderful principles and while I would incorporate some of these into the curriculum, I also envisage adding a great many other things as well. I have seen wonderful results achieved with EDUCATIONAL KINESIOLOGY for example. (Educational kinesiology fosters whole brain learning through movement repatterning activities, enabling students to access those parts of the brain previously unavailable to them.) It is a wonderful tool for all students, and particularly those with learning difficulties.

I envisage creating a beautiful learning environment for our children – something practical, yet homely, with a major focus on environmental awareness. I would love to hear from anyone who might be interested, and would welcome any practical suggestions and ideas. Please include your address and phone number so I can contact you.

Patricia Kraulis,
PO Box 214, HEALESVILLE 3777.

To all Parents of Young Children,

I am a mother of a 3½ year old daughter. My dilemma has always been to smack or not to smack. I love my daughter and have devised ways of AVOIDING SMACKING such as our star chart which hangs on the refrigerator. The chart allows my daughter and I to measure her behaviour and decide whether she has the privilege of two night-time stories. This has proved to be a great deterrent to misbehaviour, but best of all has encouraged my daughter to want to behave well.

I am interested in ways by which other parents have eliminated smacking from their lives. If you have a story to tell about how you maintained discipline without the use of smacking then I want to know about it. Please write to me at 59 Gould Rd, CLAYMORE 2560. Please enclose your name and address should I need to contact you. I am looking forward to hearing from all of you soon.

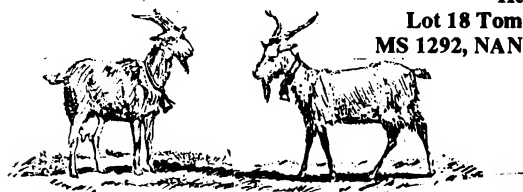
Nicole Armitage.

Dear GR Folks,

The last time I wrote we were living about three kilometres from Brisbane GPO. Now we have six acres at Nanango and all the hard work and good times in front of us. The power should be on in the next couple of weeks (after months of too-ing and fro-ing with the electricity people). We hope to have our first building project completed by Christmas.

I was rereading my stack of GR back copies last week (have been reading GR for about 12 years now, so the stack is sizeable), when my attention was caught by the Round The Market Place page in GR 73. There is a photograph and paragraph about DAM LINERS. We have a small dam on our block which we have been told is unsuitable to enlarge – a lack of suitable clay subsoil apparently. We could spend \$1000 to have it dug out with no guarantee of it holding water. Could anyone who has had experience with these dam liners please write and let me know how they perform. Especially, are they goat-proof? How about ducks?

Helen Dawkins,
Lot 18 Tom Smith Drive,
MS 1292, NANANGO 4615.



Dear GR People,

A big thank you to those who wrote after my story was published. I haven't replied to all yet as life at present is very hectic here. Bambi has a POSTING TO PERTH – which means all the usual cleaning and packing, but for us, as well, we must return our backyard to a normal city block. So with heavy hearts we have ripped up all our vegies, herbs and strawberries and replanted the lawn. A beautiful green but unproductive

lawn. We have sold our fruit trees as the ongoing drought doesn't favour us in planting them on our 12 acres. Regarding the requests about yields etc: the quantity wasn't as great in comparison with planted trees, however with an asthmatic and allergy prone toddler the reassurance that our fruit was totally organic compensated. Unfortunately the poor trees do get big and we just couldn't repot them again.

Now about making soap. I have found the best soap to be vegetable oil soap but the cheapest is tallow. Ask your butcher for BEEF FAT – he'll be only too happy to give you some. Tip: when your soap has thickened add a pinch of black confectioners' powder – it turns a permanent and very pretty pink. Thanks to those who wished me well with cheese making, Bambi ended up exchanging his labour for milk. Now, I can't say my efforts were a failure (that shouldn't be a word in anyone's vocabulary), but I've just experienced a way not to make cheese!

Miz, Bambi, Angie, Lindy, Shelly, Jazzmin & Kieran Campbell,
15 Madden Pde, SINGLETON HEIGHTS 2330.

Dear GR Readers,

To Geoff Philip about your wife's ECZEMA. I was reading an article a while ago and it mentioned that eczema may be caused by a liver dysfunction, so maybe your wife could try a liver cleansing with a soak in a bath with tea tree oil a couple times a week. I believe garlic is very good also, followed by good eating habits. I hope this information will help.

Could anybody please advise me on where I can purchase YLANG YLANG SEEDS?



KC,
C/- PO, HUMPTY DOO 0836.

Dear Grass Roots,

I have only in the last couple of months become acquainted with your magazine and love it. It has so many interesting ideas and helpful information. My fiancé and I have just bought 39 acres of land near Gin Gin in Queensland. We are looking to build there in the next 12 months to two years and would like any ideas to build something reasonable, as cheaply as possible. I have also loved MUD BRICK HOMES and would like ideas, photos, anything from beginning to completion. Also on rammed earth homes, stone brick, pole homes, cedar. Anything! We are also interested in the pros and cons of relocatable homes which we consider up here to be an option. Our block is up on a hill overlooking a mountain range. It is heavily treed and has some rock in the soil. We want as much info as possible as this will be our first home.

Karen Gleadhill,
80 Maryborough St, BUNDABERG 4650.



Dear Grass Roots,

We love your magazine but we want more! We are so hungry for information, we want to learn as much as possible before we make 'the change'. Keep up the good work, you have won us!

There are two things we need to know. Firstly, is there a VIDEO LIBRARY or video sales for us to buy videos on such things as farming techniques, beef cattle production etc? We both work full time so attending courses is a little difficult. Secondly, we read about these wonderful FIELD DAYS etc but there don't seem to be any advertised for the central coast area of NSW. Are there any GR farmers near us who would be happy to teach us about farming?

We live in town on a 50x160 foot block. We have 10 chickens (hens) and one very friendly rooster (friendly with the hens I mean) and we grow some vegetables in a no-dig garden. Not much I know, but we are learning and are very happy to hear from people in our area. We will answer any letters we are lucky enough to receive.

Christine & Wayne Simmons,
3 Second Ave, TOUKLEY 2263.

Butterworth Heinemann are Australian distributors for the British company, Farming Press Books and Videos. Write to them for a catalogue: PO Box 5577, West Chatswood 2067, or phone: 02-372-5511. NSW Agriculture also has a catalogue of mail order books and videos. Write: NSW Agriculture, Locked Bag 21, Orange 2800, or phone: 1-800-028-374.

Feedback Link-Up Feedback

Dear GR Readers,

We receive your magazine with much pleasure. Graeme and I (Karen) with our blended family of children live on eight and a half acres in an **OLDSCHOOL HOUSE** which we are doing up. When we bought it two and a half years ago, it was one almighty mess – virtually one big junk yard. The house itself had been badly vandalised – no windows, doors, wiring, piping for water etc, needing reblocking, reroofing and painting. So far we have tidied up the grounds, reroofed, reblocked, jibbed the inside, put in windows and doors, and made the house livable.

Our aim is to become as self-sufficient as possible. We know this is some way off, but in this lifestyle we have chosen you have to have vision and hold onto it, especially when times are hard or nothing seems to go right. At the moment we are going through a drought, the whole of NZ is. We make our own hay on a one and a half acre paddock. This year we ran out of hay because of the drought, so we ended up buying in more. The land we have is on limestone hill country which is very dry in summer and a bog in winter. Since we moved in we have planted numerous fruit and nut trees and ornamentals, a winter vegie garden – (summer ones don't survive here) and flower gardens. We are situated in an area of very affluent farmers and I feel looked upon with interest. It is nice to receive the magazine, it makes you realise you are not on your own and for a while feel not so isolated.

We are making our own fertiliser out of seaweed. Three acres were limed a few months ago and now badly need fertiliser. At the moment we have no way of spreading it. The three acres that were limed were shut up. Great, we thought, the grass is growing despite the drought, then two weeks ago we had the coldest frost in Dargaville's history, it killed our grass, and we were doing so well. The grass is starting to recover, hopefully there won't be any more frosts or else we really will have a problem.

Despite having setbacks this is a great lifestyle and we enjoy it immensely. I have my milking does and Graeme has his cows, we have two Kune sows and one boar, chooks, cats, dogs etc, all part of the family. If there is anybody who wants a place to park their bus or caravan (well behaved animals) in exchange for a hand around the place please get in touch; there must be other lifestylers out here in NZ in need of a place to stay.

Karen Smith and Graeme Cowlshaw,
C/- NZ Post, DARGAVILLE, New Zealand.



Dear Grass Rooters,

Often I have felt like writing in answer to your many letters and articles but today, when the postman brought GR 104, there was a letter that hit the spot. It was from a Helen McLennan from Stoke-on-Trent, England. Most of what she wrote fits me. I am also a **SPIRITUAL HEALER**. I worked and found people just could not believe you could be healed **FREE**. Then my husband said, 'Charge them,' and, after some discussion, I did: \$10 workers, \$5 pensioners. (Today I take whatever is offered.)

There were many real cures and after a newspaper full-page interview I had plenty of people to help. Then the order came from the 'Boss' to stop work and learn a lesson for my own soul. It took 14 years until I was told not only to work again but new ways to do God's work. A few have come, but I could help so many more if only they would come. Most want fortunes told, not the path to God and how to please Him.

I have had so many psychic experiences since they first started when I was a baby, but now I believe that when I am needed God will send them to me or me to them, as He wills. As Edgar Cayce found, you can lead a horse to water but you cannot force him to drink. When we see people the message is more important than the healing. The sickness is only for a little time, our spiritual life is for ever.

Paula Mann,
7 Myrtle St, MILTON 2538.
Ph: 044-555-301.



Dear GRs,

Hi there! I have been an avid reader of GR for seven years now. I have always in that time wanted to be self-sufficient, but lacked a place to call my own, that I could put some of the ideas and ideals that have gone into

your (our, our being all who read it) magazine, until last year. I bought a house with a better than average size block of land in a smallish town about an hour north of Bendigo. In the last 12 months I have planted fruit trees and have created a neglected garden of sorts. (That means I let it go wild, for I work in Melbourne and only go up there weekends, I have not made the complete break yet.) Anyway, when I first started I had to break up the ground with a pick and I can tell you it was hard. That season not much grew, all I got was about four pumpkins around 12 inches in diameter. This winter I was to ~~to~~ beans and peas go well, so last summer I got a great load of horse manure and spread it over the site I wanted my next garden bed. I left that about a month and a half then some newly acquired friends in the town put me on to a place to get some straw. Maybe I shouldn't have got it from there, for the place turned out to be a feedlot for horses and the straw had a lot for seed in it. Anyway, I spread it over the manure and I hired a rotary hoe and dug it all in. That was in March. The next time I was up there I had a good crop of wheat on the way. So this June I planted some peas and beans. (By the way, with wheat, horse manure and straw the ground has turned into a type of potting mix.) Everything seems to be going well so far.

Is there anyone who makes their own **CHEESE** out there? If there is could they contact me or tell me their experiences? Do you use waxes to seal the cheese and how long do the homemade cheeses last (store)? I have just bought a book on **ROOT CELLARS**. Has anyone ever built one and what do they perform like in a semi-hot climate or summers? Do you think they are worth the effort to make?

David Govers,
6 Watson St, CHARLTON 3525.



Dear GR Readers,

I would like to reply to Lisa Cooper's letter in GR 104, in her quest for land here on the **GOLD COAST HINTERLAND** area especially. Just a few facts you may not have picked up on when you visited the area, it may help you in your choice of land as well as location.

Firstly, the council for the Hinterland area is not keen on releasing any more large acreage, especially this side of the ranges, they are into high density living styles now. You may have more luck going towards Beaudesert. Between the coast and Brisbane, forget it! We are continually being harassed by the authorities with tollway proposals, rail lines, MFP sites, rezoning applications, the list goes on.

We live in this area on 8½ acres, it was our dream area that has now turned to our nightmare. We weren't here six months and all the above hassles started and we have been fighting for our lifestyle ever since. We have lost because the authorities have classified us as a high growth area and want all acreage to go to make way for high density living. We give ourselves five years and we'll have to go, but let me tell you the developers will be paying for it. We have put every penny we have into our home, gardens and the country lifestyle.

The land is very expensive in the Gold Coast area. I think the Sunshine Coast may be more acceptable; it is looking great to us. Be very careful when you decide on a block – don't be afraid to ask the locals for information on the area. Try and get to a couple of the local Progress Association meetings, they are the people who know what is happening in the area. Good luck!



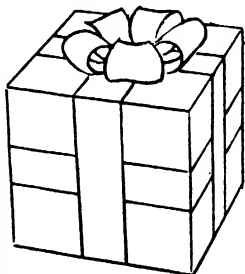
C. Powell,
PIMPAMA 4209.

Dear GR Readers,

We are considering moving up to **DAYLESFORD, VICTORIA**, to live. My family history stems from this town and I have always liked it. I have two children aged six and eight years. I'd love to hear from anyone who lives in the area and to share their experiences. I'm interested to know about the schools, activities for kids to get involved in and really anything about life in the area. Are newcomers welcomed? Are there many houses to rent? I'd appreciate any information I can get.

J Thomas,
C/- PO Box 242, EUROA 3666.

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Feedback Link-Up Feedback

Dear GR Readers,

We have a **WOOD STOVE** made up of composite parts from other models/brands that nearly, but don't quite, fit. I'm fairly sure that the stove is a **METTERS** (model unknown) because of the label on the firebox door, the only door that seems to be original. The ash box and the oven door (which has the **CANBERRA** brand name on it) don't really fit. What I'd like to know is whether there is anyone who could please help me identify the model, and if I can get the proper ash box, door and oven door for it. The local hardware stores haven't been able to offer many clues, so it's over to you.

Richard Thompson.

Lot 6, Kentish Rd, WOOMBIE 4559.

Dear GR,

I wrote about eight months ago, when I bought *Living Better For Less*, and I asked you if you knew of anything I could put into **USED CAT LITTER**, that would neutralise it for the garden. You said you would ask the readers, but so far I haven't seen my mention of it in GR. I realise you must have thousands of requests, but could you ask readers, as it would save an awful lot of recyclable material, that I have to just throw away at present. I have tried putting it in a compost bin, but the smell of ammonia is overpowering. Thanks for your time and help, can't get enough of the magazine.

Josie Gray,

Graycrest Cattery,

67 William St, WERRINGTON 2747.



Dear Everyone,

This is a reply to two correspondents in issue 104 – John Riding, who derides sodium metabisulphite (and rightly so), but has no answer to the problem in wine making, and A Gardener–Garden, who wants a nonviolent ginger beer recipe.

Firstly, in answer to the editorial comment below John's letter, yes, there is an alternative for **STERILISATION**. Two in fact. Firstly, boiling everything, and keeping it sterile, is as successful as chemical sterilisation, but very hard on the fingers, and nearly impossible to work with if you wear specs; they fog. Sterilising the must is done by bringing the fruit to the boil, and simmering for maybe two or three minutes. I prefer to bring the whole fruit, covered (just) with water, very slowly to the boil, simmer for no more than a minute, then cover and leave overnight. When it is cold, carefully remove the fruit, add the sulphur, and bring to the boil again. (Doesn't this sound familiar to you jellymakers?) Boil for two minutes, and then pour into a presterilised and heated jar for the fermentation process. Don't add either the pectinase (pectin deactivating enzyme) or yeast until the jar feels only just warm to the hand. Continue with the standard procedure. Incidentally, boiling fruit releases pectin, which gels, so to avoid 'spreadable' wine, use pectinase, which deactivates the pectin, and allows the wine to flow. It's a natural enzyme produced from something or other, citrus wastes, I think. Sterilisation of all equipment used to handle the must is imperative. We do not have any friendly wild yeasts in Australia at all.

The second option is a product recently placed on the market by the Tri-Nature people from Kooragang in Newcastle, who make the only totally biodegradable cleaning and personal products which are made from totally renewable vegetable sources. The product is 'Little One Sanitiser'. Yes, it's a nappy sanitiser, of all things, which has an alternative use as a drinking water sanitiser! Not, of course, at the same time. The reason that it can do both is that it is a form of stabilised hydrogen peroxide which does not use silver salts or other poisonous substances in the stabilisation process, hence its total safety for human consumption. I haven't yet tried it as a winemaking sterilant, but you may be sure that I soon will. I will keep you in touch with the progress of this one.

Now, AGG! You cannot get a non-explosive **GINGER BEER RECIPE** which will still be sweet when you open the bottle unless you use a nonfermenting sugar like lactose, which tastes awful. The reason for this is that where you have sugar in a drink with yeast, the yeast will work until there is no sugar left, producing equal weights of alcohol and carbon dioxide. To build a civilised amount of fizz in a 750 ml bottle

requires one level teaspoon of sugar and a week. Ginger beer, for the kids to have a sweet drink, has far more sugar than this. The only alternative you have is timing. Make sure that you make only small batches, and store them for no more than two weeks before opening and consuming the lot. The first bottle may be a little short of fizz, and the last a bit heavy on, but to store it any longer than this is dangerous. To make things more complicated, the warmer the faster! The safest alternative is to re-use plastic drink bottles rather than glass, and store them in some place other than the linen cupboard. Then if they do burst, you don't ruin the sheets, and you don't have bits of sticky glass everywhere!

John Day,

8 Hurling Drive, MT BARKER 5251.



Dear GR Readers,

I have recently purchased my first home and would like to put some insulation in the ceiling. Do any of you worldly people know of any **LOW-COST INSULATION**? I live in the Snowy Mountains, so I need something very insulating. My home is brick, rather old, with solid brick walls inside and out, so I only need ceiling insulation. I was thinking of using polystyrene boxes, cut into slabs, as I have access to lots, but has anyone had any experience using these? Good or bad! I would be grateful for any info at all.

Yuna Grace,

10 Maybe St, BOMBALA 2632.

Dear GR Readers,

As I write the winter is moving off, and spring is not far away. The **GOTLAND PELT SHEEP** are close to lambing, and we hope for a repeat of last year's 180%. Anyone who would like to see a sample of the blue-grey wool for spinning is welcome to write. It has a tight curl, and high lustre.

There is now a **HOST LIST OF NZ FARMS**, small farms etc who are willing to host visitors in exchange for four hours help per day. Anyone wanting a copy should write to me too. I would also welcome Australian hosts, as overseas visitors do ask about Australia. Visitors stay from a few days to weeks and fit in with the daily activities of the family. Write and I'll send the membership form.

W Grady,

Kumeroa, RD1,

WOODVILLE 5473, New Zealand.

Dear GRs,

Have you ever been in a really awkward or frustrating or lonely or miserable situation and a **SILLY SONG** pops into your mind? Did that take the edge off the problem and free you enough to take positive steps to help yourself? Or, have you ever been in one of those situations and a friend sang you a silly song or told an amusing story or did something silly and it made you laugh enough to lighten up?

Well, I'm on a quest to collect those silly songs and stories of the celebration of life and the sense of the ridiculous. Songs and dances from all walks of life to chase away the blues. Songs like, for example, 'Always Look on the Bright Side of Life', from the Monty Python movie, or 'Life is so Peculiar', a 1940s song, by? (Does anyone have the words and music and singers of this song for a start?!) Advice on funny movies etc to look out for would also be appreciated.

Eventually I would like to obtain copyright permission to write a book of silly songs, stories and cartoons relating to situations we all face in life. A positive guide to help us to be gentler on ourselves and others and to **FIND THE POSITIVE**, even if it hurts, in every situation.

I would be very grateful if anyone could help me obtain any information so I can begin this quest, begun in great earnest by a very serious person, serious about working towards becoming a more realistic, responsible and lighthearted whole being, and wishing to help others to become more so. Looking forward to hearing from you!

D Stephens,

PO Box 280, PEMBERTON 6260.



Feedback Link-Up Feedback

Hi GR Readers,

Well, it's taken 13 years and many copies of GR, but we have finally made it to our Utopia – loads of work to do and a steep learning curve as we try to put into practice Bill Mollison and Masanobu Fukuoka's ideas and principles. It's a bit like winning Tattsлото when it all starts to come together isn't it!

Anyway, for years I have envied letters to GR (Thanks Megg & Mary) that have been able to pass on helpful information to a network of like-minded people and I hope my recent discovery may help. We needed masses of trees – fruit, fodder and windbreak; vegetables – love them all; herbs – companion planting and for the pot; and flowers – for beauty, bees and salads.

Starting from seeds was the most economical answer. I use Phoenix, (advertised in this mag) as they supply nonhybrid seeds (that are true to the original and therefore better flavour, but also have better pest and disease resistant qualities) and organic seeds – none of those pesticides for us. So they fit the bill perfectly.

My discovery is **ORGANIC HYDROPONICS**. My success rate in developing seedlings has been virtually 100% (not bad for a previously nongardener) with this system, and we have saved hundreds of dollars in the process. To date I have grown 204 seedlings and I hate to think how much I would have paid for these at a nursery with no guarantee of success at transfer.

I use an organic nutrient and mineral solution with seed blocks in a propagating unit. When the seedlings are large enough I transplant them out with virtually no disruption to the root system (no transfer problems) and continue their development in a well composted garden. This system is excellent for people in apartments and city dwellers as these plants have received all they require in an efficient medium and so produce high yields at a cheap price. For example, one tomato plant in an ice cream container produces enough tomatoes for two to three people in the middle of winter if indoors. The result can be a nonstop supply of household vegetables, herbs and flowers with no digging or weeding unless you transplant them.

Can anyone help me with mushroom spores, comfrey or a Champion juicer? I am also looking for people in the Gippsland area that might want to sell spinning sheep – not the dizzy variety – the coloured variety, especially a Corriedale or Polworth.

If anyone would like more info on organic hydroponics I would be happy to help as it has become a consuming hobby or mine. Also if anyone has any hydroponic, permaculture experiences or ideas please write and I will promptly reply.

Lynn Bird,
381 Emerald Rd, GUYS HILL 3807.



Dear GR and Readers,

My partner and I have been living in a rented situation in Brisbane for the past couple of years and have gained great satisfaction from turning bone-dry clay and rock into soil productive enough to grow trees, flowers, fruit and vegies. We have gone part of the way towards self-sufficiency and a permaculture lifestyle, but are fast approaching critical mass and will soon be in need of more room to grow and expand.

Thus we are looking for somewhere to design and physically create a permaculture system on a broad scale. Toward this end I would like to make contact with anyone on the eastern seaboard, **NORTH OF TAREE** in northern NSW, who might be able to help with our request. The only true essential is, as always, permanent water.

Diane Cofyn,
31 Richmond Rd, Morningside, BRISBANE 4170.

Dear GRs,

I am a mother of three sons and nana to five grandchildren (four boys, one girl – at last!). I spent 27 years on a 60 perch (between 1/3 and 1/2 acre or 1400 something square metres) urban block where I had 30 fruit trees, bushes, vines etc and kept 12 hens. I also grew walnuts and hazelnuts and learned how useful weeds are.

Now I have moved to a small unit with the most abused soil one could wish *not* to have. Thirty years of meticulous weeding with nothing returned have resulted in a dust bowl. Thank goodness for GR and my own experience. I know how to rebuild the soil fertility and already have had some vegetables, contrary to the other residents' predictions.

On my small terrace, in tubs, I have a dwarf self-fertile cherry, and Meyer lemon and standardised grape. I have also established culinary and medicinal herbs and the beginning of a potpourri garden. As I am on an invalid's benefit, my garden is a source of pleasure, exercise and income for me. As the backyard is a communal drying green (five rotary lines – what an eyesore, though I am planning to grow a wisteria over mine), I am restricted re planting trees. However I will put in espalier fruit trees this coming winter. I did a permaculture course four years ago. There is **ALWAYS SOMETHING NEW TO LEARN** isn't there? I do a lot of crafts, am a member of our Green Dollar Scheme and do voluntary community work.



Lucille Major,
5/193 Linwood Ave,
Linwood, CHRISTCHURCH 8001,
New Zealand.

Dear Megg, David and Readers,

I've just moved into the house next door and it's lovely to have a bit of room to garden instead of living in a couple of rooms and hoping tenants wrecking (sorry, living in) this house wouldn't wreck any plants I had in the backyard.

One plant I love is the **RADISH**, but I've always wondered what food and vitamin content the vegetable has. Also do you get a higher yield of potatoes if you cut the tops off and when should you do this, before or after flowering?



Dear GRs,

I am a subscriber to this fabulous magazine and am wondering if anyone can help me with information on the **LETS SYSTEM**. I live near Jindabyne in the beautiful **SNOWY MOUNTAINS**. Is there a LETS system in this area? If not how do I go about starting one up? How does it work etc? Any information at all on LETS would be greatly appreciated.

Rhonda,
PO Box 418, JINDABYNE 2627.

Dear Grass Roots,

I'd be interested to read more on people's experiences of **RESTORING DEGRADED AREAS**, especially nuts and bolts info such as size of plants which are successful, how much weed to remove before replanting, post-planting care etc. I really enjoy the magazine and am interested in most things in it at present.

Kathy Chapman,
Clifton Ave, GLENBROOK 2773.

Hello GR Readers,

If any GR readers are interested in seeing some **URBAN PERMACULTURE LIFESTYLE** in action you can get in touch with us. We have an urban garden suitable for demonstration. It's still young but is evolving all the time. Please phone us if you would like to visit.



Nonie Jakabsons,
10 Wasley St, Mt Lawley, PERTH 6050.
Ph: 09-328-8030.

Dear Mary,

With regard to GR 103, Ria Murray, concerning coltsfoot. It's available in most good wholesale herb nurseries throughout Australia. Try Shepard's Herb Farm (10x43c stamps), Box 66, Nambour 4560, Ph: 074-411-101. Coltsfoot is a very damaging herb if swallowed internally, causing liver damage which can be cumulative. There are many more herbs better than this one and without side effects. In many states it can become a pesty weed if not controlled. The only way coltsfoot can be used is to gargle only and spit out.

Colin Franklin,
BALLARAT 3350.



Feedback Link-Up Feedback

Dear GR,

Regarding COLTSFOOT, mentioned in Ria Murray's letter, GR 103. The following information may be helpful to clarify the situation. The July 1993 issue of the Australian Traditional Medicine Society's newsletter has published an article by Raymond Khoury giving a list of scheduled herbs. Coltsfoot or *Tussilago farfara* is listed in Appendix C. (Appendix C - Substances of such danger to health as to warrant prohibition of sale, supply and use, other than those included in Schedule 9).

Perhaps Ria might consider obtaining a homoeopathic preparation of coltsfoot from Brauer Biotherapies at Tanunda in SA. Alternatively, there are other herbs which may be suitable for use in asthma which are available. These include: grindelia (*Grindelia camporum*), mouse ear (*Pilosella officinarum*), sundew (*Drosera rotundifolia*), aniseed (*Pimpinella anisum*), liquorice (*Glycyrrhiza glabra*), seneca (*Polygala senega*).

A holistic approach is likely to have more lasting effects. Eliminate allergic trigger factors by identifying these. Tension, anxiety, hyperactivity and exhaustion can also be factors. Chiropractic help is sometimes useful. Substitution of cows' milk dairy products for goats' milk and avoidance of highly refined foods such as sugar and white flour may be beneficial.

I sympathise with Ria's distress because our youngest daughter suffered severe asthma for the first six years of her life, triggered, we think, by a dose of powerful antibiotics given at five months of age. There was no genetic asthma in either side of the family. We went the route of drugs for some time but the attacks became more severe and more frequent. Finally we took a naturopathic approach which included dietary changes, gentle breathing exercises around games, and general building of the immune system. Our daughter is now 27, is vegetarian, and is asthma-free and has been since six years of age. I guess some people would say she 'grew out of it', we think otherwise. All the best to Ria in her quest.



Elizabeth Medling,
WARRAGUL 3820.

Dear GRs,

I intend planting about one hundred LYCHEE TREES in the Gympie area next year. If any readers know of any organic recipes for alternatives to chemical sprays for use on orchard trees, and especially lychees, I would be most grateful. Ideally, the spray should actively destroy the insect or other pest, rather than just deter.

I want to grow garlic in the cooler months in the vegie patch (about an acre), mainly for use on insects. All information will be greatly appreciated.

Also, if anyone has unwanted backcopies of GR in good condition, I am willing to buy at a fair price.

Ken,

21 Aquitania Crt, COOLOOLA VILLAGE 4580.

My Dear Friends,

I am writing to you from Armidale (situated in the New England region). We have just started a High School Committee looking at expanding our WALDORF SCHOOL which is going to year six at the moment. We are looking towards a start in 1999. It is wonderful to see the commitment amongst parents. We know it is a long and difficult path but we are determined. We would love to hear from anybody who can help us with information regarding STEINER HIGH SCHOOLS. If any of you are looking for a new home, Armidale is a lovely place: cool temperate climate with marked seasons, home to the University of New England and a city that stages a lot of cultural events. The school has been going for 10 years and has a good feel to it. We arrived in Armidale at the beginning of the year, the children have settled into their new school very well and enjoy every day they can go. Any information you have can be sent to me at the address below.

Bettina Reader,
Box 987, ARMIDALE 2350.

Dear GR Readers,

I want to tell of my experience with CHRONIC FATIGUE SYNDROME. I was struck down in 1990, at age 25 (in my 'prime') and battled for three long years to regain my health. Being an Aries it was horrifying to me to have to hang around being a sick person. I was previously fit and had a good whole foods diet, however, looking back

I can see the causes; the main one being over-use of antibiotics (prescribed for tonsillitis) leading to severe candida, lowering of the immune system etc.

My main message to the sufferers is not to give up! I have much faith in natural remedies and undertook a relentless pursuit to find the right healing. Although it took almost three years of trying (and great expense), I eventually found someone who helped me enormously. I travelled from Sydney to Taree to see a kinesiology practitioner who has developed her own programme to rid the body of candida and CFS. I had previously tried candida diets with naturopaths but to no avail, however, the combination of her bodywork plus diet did the trick for me.

I now play netball twice a week, have lost weight and feel almost 100% better. Although I faced much frustration and disillusionment, what kept me going was a strong attitude of 'I'm going to get better no matter what!', plus my faith in the Great Spirit.

Considering the mass destruction of our planet, plus increasing pollution, it is not surprising that CFS and other immune system disorders are becoming more and more common. I believe on an environmental level, people with CFS are like 'canaries in coal mines' - a frightening thought. What affects our planet, of course affects our individual health, so keep growing those organic vegetables!

I hope any sufferers of CFS will be encouraged by my story, as it is devastating to be told by the medical profession that there is 'no cure', or, 'it's all in the mind'. I really believe that through natural therapies, we can find our way out of the maze and back on the road to good health. If anyone would like to contact me, I'd be more than happy to share the information and experience I've gained on my healing journey.

Jane Morris,

25 Innes Rd, MANLY VALE 2093.

Dear Editor,

I discovered GR magazine approximately one year ago, I enjoy it immensely. It is a magazine which offers far greater value than other commercial publications. I am a city slicker who would love to take a weekend or two off sometime in the near future, maybe longer if the opportunity arose, to assist on a large organically grown market garden or a small garden or farm. I want to learn a great deal more about environmentally friendly, ORGANICALLY PRODUCED VEGETABLES. I would be interested in working in Victorian country areas but would consider other places as well. Please write to:

'Veggie Enthusiast (GR 106)',
C/- PO Box 242, EUROA 3666.

Dear Grass Roots,

I am a 30 year old man and I will be TRAVELLING FROM SYDNEY TO PERTH later this year. I would like some contacts along the way, maybe just some company, a chat, or I could lend a hand with some work. I'm hoping to stop at Coober Pedy for a while and any other places of interest. I don't have a phone but I can supply a contact phone number, so please write. I'd like to hear any ideas or information about this trip.



Shane,
C/- PO Box 516, INGLEBURN 2565.

Dear Grass Roots Readers,

We have recently moved to NORTH QUEENSLAND (presently Magnetic Island). Our daughter is nearly five and she shall be having her EDUCATION FROM HOME. We are interested in making contact with others of a similar mind, in order to fulfil the social needs of our children, and to foster their natural intelligence and creativity outside the consequences of institutionalisation, TV addiction etc. Please write to:

'JLT (GR 106)',
C/- PO Box 242, EUROA 3666.



Dear GR Readers,

I am about to start building a RAMMED EARTH COTTAGE just south of Tully in Far North Queensland and would love to know if there is anyone in the region who has already built one I could go and look at. I am very keen to see an earth house and ask a few questions.

Suzanne Nielsen,
C/- Post Office, EURAMO 4854.

Feedback Link-Up Feedback

Greetings to all GRs,

Thought I would answer a couple of queries through the magazine, so everyone gets the answer. To Barry Watts, GR 104: **ROUNDUP** is a chemical with a long-term problem, as its residue lasts seven years and kills all marine life. During this time it can be washed into creeks and rivers, then ends up in the sea, leaving a long line of death in its wake. Even that which soaks into the ground can resurface via bores, to join the destruction.

To Jenny GR 104: While there is cheap land in the **BUNDABERG AREA**, much of it is hilly, and stoney with poor soil. By planning carefully, building dams and using good composting techniques, a paradise can be created. However, beware of level blocks containing paperbarks or reedy looking grasses, with blackish soil, as this type of country becomes a swamp after rain and most plants will rot and die. Apart from this, such soil is very acidic, and there are scorpions under nearly every stick on the ground. Bores sunk there have a good chance of being very salty. The good feature of Bundaberg, particularly to the north, is its even climate.

It's so good to hear of so many people taking up simpler lifestyles and getting closer to what nature intended us to be and I'm sure GR has been the starting point for many. Thanks for keeping on.

John Gladstone.

Much has been written, and there is growing concern, regarding possible dangers to human health from agricultural chemicals, including Roundup which is often promoted as being environmentally safe. It's probably best to err on the side of caution and assume that there is no such thing as a 'safe' agricultural chemical in terms of either human health or the environment.

Help,

Where can I buy mud bricks in Queensland - I've exhausted all possibilities.

Helene Lyttle,
Ph: 076-978-242.



Dear GRs,

CHRISTIAN FOLK SONG TRAINING welcome to people all ages, nationalities, nervous, slow learning, shy, handicapped, midget people, people in jail coming out, people in corrective centres, people in AA. Training in Christian folk songs. Music, stories, photos, tape recordings are welcome from around Australia.

Arrangements can be made for a great Christian gospel convention. Tape recordings can help people learn how to play veteran, vintage, modern, string-fret music. More news can come later.

Christian Folk Song
36 Forrest St, QUAIRADING 6383.

Dear GR,

In defence of **MULTIPLE OCCUPANCY** projects I am writing in reply to 'Adamant' in Feedback 104 who strongly advocates steering clear of them. He or she maintains that human nature is the one big stumbling block in the way of setting up a successful joint venture commune or collective farm co-op. I agree wholeheartedly that it is the human aspect that gets in the way. The only really successful communes, co-ops or collectives are those which have a religious or idealistic motive.

For many years I lived in an enclosed monastery in Europe. Our community consisted of 23 monks and we followed the holy rule of St Benedict, the patriarch of Western monasticism. We chanted the Psalms in the night hours from 2 am until sun up, then after a scanty breakfast we went out to work in the fields or in the gardens for eight hours. The midday meal was the only meal of the day. This particular monastery was of the Cistercian Order but more commonly known as Trappist Order, where perpetual silence is observed at all times. Physically it was very demanding, but it was very rewarding spiritually. Such a life would be impossible if it were not sustained by an inner spirit of self-sacrifice in the quest of spiritual perfection and this meant that mortification of the five senses was necessary in order to purify the soul before the spirit of truth could enter. The process of purifying the soul is called Ascetical Renunciation. Cistercian monasteries of St Benedict have been in operation since the sixth century and they all have an agricultural base to provide their communities with both sustenance and an environment conducive to peace and tranquillity, which ultimately results in contemplation.

People who decide to join a commune or a collective farm do so for a variety of different reasons: everyone has their own idea of what they

hope to achieve or what they can get out of it. Already this is starting out on the wrong foot, they should be thinking of what they can put into it. There is not sufficient space to elaborate on the virtues of living on a collective farm, but should anyone wish to have further details they may contact me at the address below.



Dear GRs,

I am a very new initiate into GR and I have found the support system to be inspiring and heart warming. I have recently fitted the pieces of my dreams together and come to the realisation that I wish to be a commercial herb grower. Being new to this I have a number of questions and any advice related to these questions or otherwise would be greatly appreciated and well utilised.

Like Amanda Furlong, GR 104, I am looking at doing a **HERBAL COURSE BY CORRESPONDENCE**. The one that particularly interested me was through the Australian Horticulture Correspondence School. The course was specifically for commercial herb growing but was not accredited. Would anyone have any opinions or other options as the course is fairly expensive?

Currently I am reading a book called *The Essential Book of Herbal Medicine*, by Simon Y Mills, and I have found it to be so enlightening I was wondering if he has any other books published or if there are any other books people could recommend.

I am also endeavouring to look for a way to gain some experience in this field as unfortunately I studied accounting and not horticulture. Hence any offers or suggestions would be great.

Finally, and thank you for your patience, my herb collection is small and is comprised of fairly common herbs, so if anyone wants to get rid of any more unusual herbs I'd be happy to pay for the postage.

Megan Hanlon,
55 Davies St, BRUNSWICK 3056.



Dear Friends,

I take this opportunity as a concerned citizen of Planet Earth to address our most immediate concern as a people and a Grass Roots Family. That being the **CRISIS IN RWANDA** and what I can do to help. Well this is what I am doing: Writing to put forward the idea for sending seeds to plant and long-term food production through someone who knows someone. Could be the World Health Organisation or Freedom From Hunger. Maybe the Seed Savers Network knows someone. Maybe you know someone from your town or city who is going over to help. Maybe someone from the field of alternative energy could also help.

I don't want to be simplistic and realise help is out there not only in Rwanda but the 'third world' in general. But we as a food and energy producing family must ask if we are doing all we can and making all the connections we can.

I have a confession and apology to make to the lady who was nice enough to send a handmade envelope and letter in reply to a request for info on paper making by my sister (hi sis) Pauline Turner. Pauline left for Perth and I lost the letter sent so I don't have the kind sender's name or address. Sorry Miss Paper Maker whoever you are.



Phil Turner,
16 Charlotte Ave, Newcomb, GEELONG 3219.



Dear Grass Roots Readers,

My partner and I live in Tasmania and will be moving to **SOUTHERN QUEENSLAND** in January 96. We are looking for three or four acres around the Advance Town, Lower Beechmont area near Nerang on the Gold Coast Hinterland. We'll be visiting family between November 19th and Dec 4th and would like to hear from anyone with land for sale.

Craig Russell,
14 Boland Ave, BURNIE 7320.



Kids Pages



CHRISTMAS AROUND THE WORLD

In Holland Santa Claus is known as Sinter Klaas, and December 6th is his special day. Dutch children believe that he sails into Amsterdam from Spain with his servant Black Peter. Church bells peal as Sinter Klaas comes ashore, riding his white horse. Children fill their shoes with food for the horse in the hope that Sinter Klaas will fill the shoes with presents.

Finnish families make a Christmas dinner for the birds and animals too. Winter in Finland is very cold and the creatures appreciate a sheaf of corn, a bag of nuts or a lump of suet. Then, when the animals have been fed, everyone goes inside to wait for Father Christmas, who they believe will come from Lapland in a sleigh drawn by reindeer.

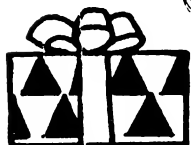
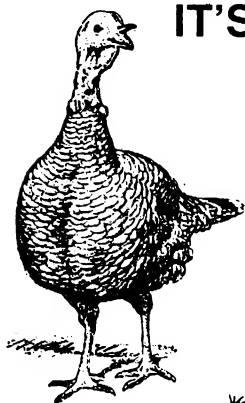
Russian children believe in a Mother Christmas called Baboushka, who followed the Three Kings to the stable to give Jesus a gift of homemade bread. The nests of Russian Baboushka dolls are a reminder of this legend, and some Russian children still put out their shoes on Christmas Eve for Baboushka to fill with gifts.



Q. What happened to the dog who ate the Christmas tree?
A. He got tinselitis.

IT'S AMAZING

What is your favourite Christmas dish? In the Middle Ages Great Pie was popular with royal families – so long as the table was strong enough. Beneath the two centimetre thick pastry was a whole turkey, stuffed with a whole goose, stuffed with a chicken, stuffed with a partridge, stuffed with a pigeon.



CHRISTMAS TONGUE TWISTERS

Twenty twisty twirly twining tendrils tethering together twenty curly collapsible Christmas curlicues.

Golly, Molly, Laurie's holly's horrid. Jolly dolly's holly berry's jellied and Polly's holly's berried.



COOKERY CORNER

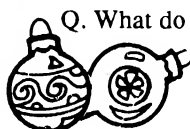
SESAME POPCORN BALLS

- 5 cups freshly popped corn
- salt
- $\frac{1}{3}$ cup sesame seeds
- 1 cup brown sugar
- $\frac{1}{2}$ cup honey
- $\frac{1}{2}$ cup hot water
- 3 tsp cinnamon
- 2 tbsp butter



Put popcorn in a large bowl, sprinkle with salt and sesame seeds and mix well. Place sugar, honey, hot water, cinnamon and butter in a saucepan over low heat. Stir until sugar is dissolved. Continue cooking for about five minutes, stirring often. To test to see if the syrup is thick enough, drop a little into cold water. If it makes a soft ball it is ready. Pour syrup over popcorn and mix gently with a spoon.

Butter your hands and shape popcorn into balls. Place on waxed paper. Allow the popcorn balls to cool and harden.



Q. What do you call a cat that likes to dig in the sand?

A. Sandy Claws!



BOOK REVIEW

Making Friendship Bands, by Lynette Silver.

Friendship bands originally came from Central and South America, and can now be seen on the wrists and ankles of many Australian children and teenagers. This book has clear instructions for tying the knots for five different designs and includes DMC stranded cotton to make the Rainbow band. This is definitely a book to be enjoyed by older, nimble fingered children.

Published by Sally Milner, RRP \$9.95.

HOLIDAY BRAIN TEASER

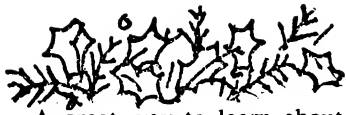
VERY AWKWARD

The Really Awkward Society is about to meet. There are four different groups, the North, South, East and West. As you might expect, they are so awkward that it is hard to fix a month to get together. The complaints are:

1. The Northern group doesn't want a meeting in a month that has an even number of letters in its name, the only exception being June.
2. The Southern group doesn't want a month that ends with the letters B, E, or R.
3. The Eastern group doesn't want a month with exactly 30 days in it.
4. The Western group doesn't want a month whose first letter is the same as any other month.

Now this rules out *all* the months of the year. So to be really awkward, the society agrees to hold its meeting in the month which has *most* objections against it. Which month is it?

November



A CHAIN PLANT

A great way to learn about propagation (growing new plants) and to include your friends in the fun, is to start a chain plant. It is like a chain letter, but as well as giving your friends a letter, you also give them a plant.

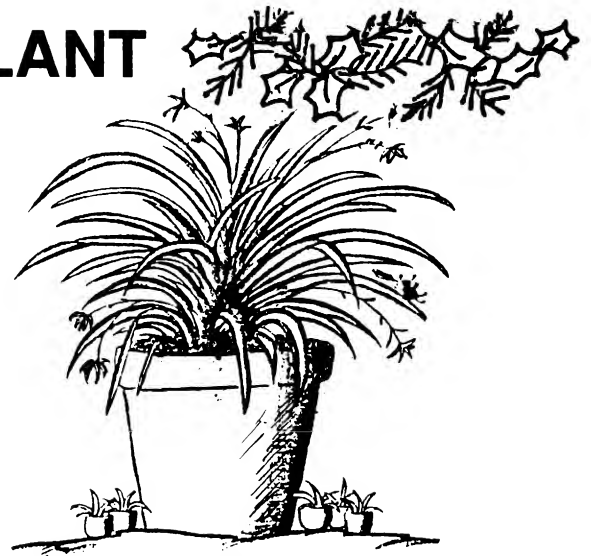
What You Need

- a fully grown spider plant (Chlorophytum) with babies on the flowering stems;
- an egg carton;
- potting mix;
- paper and pencils

What To Do

Cut up the egg carton to make twelve mini pots. Fill each mini pot with potting mix. Pinch the baby spider plants off the stems. (Make sure they are about the size of a twenty cent piece). Plant the baby spiders into the mini pots by making a small hole in the potting mix. Make sure they are firmly in place. Water with a few drops of water. After a few weeks the new plants will have taken root in the soil.

Copy out the instruction letter to go with the plants.

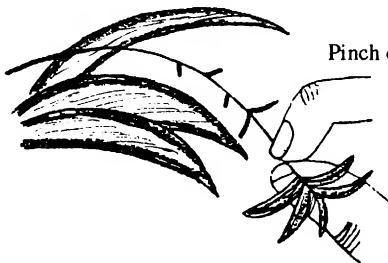


INSTRUCTIONS ABOUT YOUR NEW SPIDER PLANT

1. Replant the spider plant into a small waterproof container which has drainage holes in the bottom (a cut-down cream bottle maybe).
2. Put in a lighted position, but not too hot.
3. Water when the soil becomes dry.
4. As it grows too big for the pot, repot it into a larger container. A clean margarine container with holes poked in the bottom would make a good pot.
5. When the babies grow, pinch them off the stems and plant them into mini pots such as cut-up egg cartons and pass them on to your friends with a copy of these instructions.

Now the baby spider plants are ready to give to your friends. I wonder how many plants could be grown in your chain!

Reprinted from: *Growing Into Gardening With Your Children*, by Melissa McGroarty and Noelle Weatherley, published by Hyland House. See Recent Releases, GR 105, for more details.



Pinch off baby spider plant.

There are other ways to propagate new plants. Can you find out the different methods?



A CHRISTMAS SACK

When you hang up your Santa Sack this Christmas Eve, do it in style with your own specially decorated pillowslip.

What You Need

- an old pillowslip
- scraps of fabric, felt, wool, ribbon
- buttons, sequins, beads
- scissors
- fabric glue
- pins

What To Do

Plan your design. You may choose a Christmas theme, with a Christmas tree or Santa Claus or you may choose a design that says something about your hobbies and interests. You could also add your name. When you are happy with your layout, either sew or glue the pieces in place.



Joe: What did you get for Christmas?

Steve: A mouth organ. It's the best present I ever got.

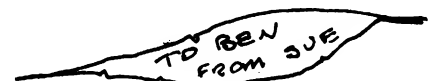
Joe: Why?

Steve: Mum gives me \$5 a week not to blow it.

CHRISTMAS IDEAS

CHRISTMAS CANDLES

Stick gold or silver stars onto the surface of a plain candle. Stick the candle into a small terracotta pot, decorated with gold or silver ribbon to match. You can decorate the pot by sticking jellybeans around the outside lip with a hot glue gun. Careful with the glue gun, it's hot! Get an adult to help you. Spray the pot and jellybeans with several coats of clear or gold paint.



GIFT CARDS

Write on a dried gum leaf with a felt-tipped pen. Wrap the gift in brown paper, tie with twine, tuck a few gumnuts under the bow and add your leaf card.

Write your message with liquid glue and cover with confetti or glitter.

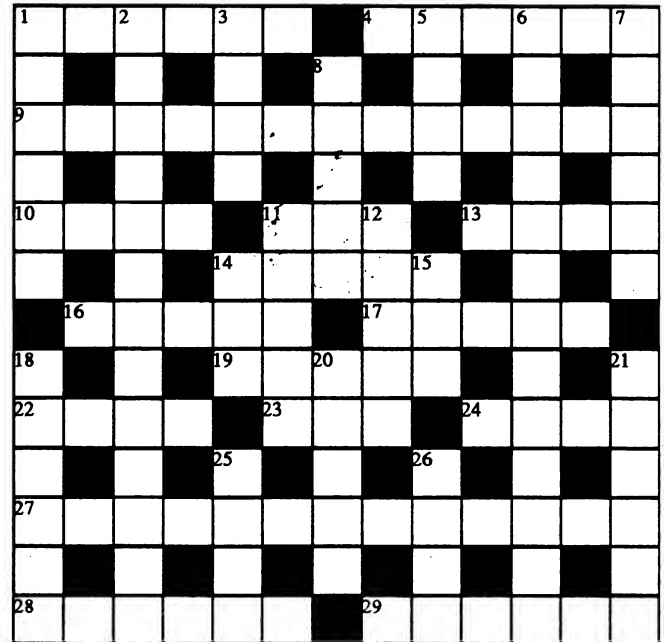
These ideas are just a few of the many craft projects in *The Second Tonia Todman Collection*, published by Sally Milner.

CRYPTIC GRASSWORD

By M. Riley, Tanjil South, Vic.

- Across**
1. Cleans brushes (5).
 4. Swallows fly home usually for a meal (5).
 9. Animals in the stock market (5,3,5).
 10. Swallows change of seat (4).
 11. Main water bed (3).
 13. Take-away chain (4).
 14. Hebrews (5).
 16. Shun a place that is empty (5).
 17. Pierce in a glance (5).
 19. Bowel upset beneath (5).
 22. Exact cause of inflation (4).
 23. Noticed it had teeth (3).
 24. Sounds like Grant advanced on his own (4).
 27. Remembers to water and care for (7,2,4).
 28. For rest it could for a poser (6).
 29. Trade records here (6).

- Down**
1. Rattled in battle when in charge (6).
 2. Maybe uncle has another timer to compare worth (8,5).
 3. Break ahead (4).
 5. Bars drinking places (4).
 6. Death toll is accurate (4,9).
 7. Hurries to water grass (6).
 8. Heavenly being with him (5).
 11. Teams left but could be right back (5).
 12. Let in the swallows (5).
 14. Cloth used to cover chest (3).
 15. Not on straight of course (3).
 18. Fits and starts spas before film star centre (6).
 20. Slip into a coma and pass away (5).



Solution on page 66.

21. Sore over offer (6).
25. Girl found in the Channel (4).
26. Slashed the rent (4).

Free Gourmet Dinner!

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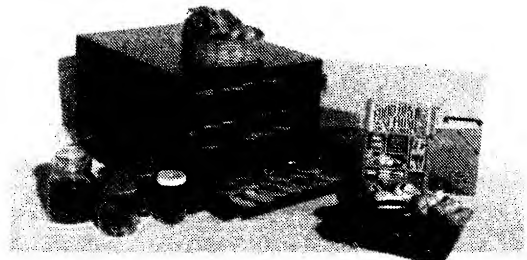
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While the Billy Boils

We have a lovely, varied collection of recipes this time. Bearing in mind that it is the holiday season, and likely to be a hot one, we've chosen dishes that are light, tasty enough to serve to guests and simple enough for everyday ease of preparation. The fruit crush sounds just ideal for those days that are so hot you can't be bothered even eating, never mind cooking, or for a refreshing pick-me-up at any time of day. The rice flour bread is in response to all those readers with wheat/yeast/dairy allergies and can be varied by the addition of any herbs, chopped nuts, seeds or dried fruits.

GRAPE JUICE LEMONADE

- 4 lemons
- 1 lt water
- 600 ml grape juice
- 1 cup sugar

Juice lemons. Mix juice and other ingredients. Turn into pitcher and stir thoroughly. If ice is obtainable it should be added. If you like the tang of lemon rind, add grated rind to taste.

Hilda Bracewell, Torrington.

FRESH FRUIT CRUSH

- 1 cup milk (or soy milk)
- 1 cup strawberries
- 1 banana
- 1 mango
- 1/4 cup fresh mint leaves
- 1 cup crushed ice

Wash and hull strawberries, peel and slice banana, peel, stone and slice mango. Combine all ingredients in a blender. Serve in a chilled glass. (Other soft fruits can be substituted.)

Australian Dairy Corporation.

TOMATO AND ONION DIP

- 100 g cottage or cream cheese
- 3 tbsp plain yoghurt
- 1 tbsp tomato paste
- 1/2 teaspoon paprika
- 1 onion
- lemon juice, to taste
- fresh basil, to taste

Peel and finely chop onion. Place all ingredients (except lemon juice) in blender and puree. Add lemon juice to taste, or extra basil if desired. Remix. Refrigerate for an hour or two before serving.

Simon Wheeler, Brisbane.

RICE FLOUR BREAD

- 1 cup rice flour
- 1/3 cup soya flour
- 1 1/2 tsp baking powder
- 1 cup milk (or soy milk)
- 1 egg, lightly beaten
- 1 tsp olive oil
- 1 tsp mixed herbs, dried (optional)

Sift flours and baking powder into bowl, make well in centre, add com-

bined milk, egg and mixed herbs, whisk until batter is well combined. Heat margarine in 24 cm nonstick frying pan. Pour batter into pan, cook, covered, over low heat until surface becomes dry. Turn and cook until browned underneath. Cool on wire rack. Cut bread into quarters, split to use for sandwiches. Best eaten on day of making.

Sylvia Larkin, Armidale.

EGGPLANT BAKE

- 1 large eggplant
- 1 large onion
- 2 cloves garlic
- 1 cup plain yoghurt
- 1/4 tsp powdered cumin
- 1/4 tsp powdered coriander
- 2 tomatoes
- 1 cup grated tasty cheese

Slice eggplant and soak in salted water for half an hour, rinse well in several changes of water. (This reduces the bitter taste eggplant can often have. If you like the bitterness, omit this step.) Chop onion, crush garlic and roughly chop tomatoes. Steam eggplant and onion for about 10 minutes. Mix garlic, yoghurt, tomatoes and spices. Combine with eggplant and onion. Pour into oven-proof container, sprinkle cheese over top. Bake in moderate oven for 30-40 minutes.

Michael Patricks, Caloundra.

CARROT, APPLE AND ALMOND SALAD

- 4 large carrots
- 2 green apples
- 200 ml natural yoghurt
- 1 cup slivered almonds
- parsley, chopped
- lettuce, to line the bowl

Finely grate carrots and apples and mix with yoghurt. Add the almonds, leaving a few to sprinkle on top. Serve in a bowl lined with lettuce, garnish with nuts and parsley.

Marianne James, Port Lincoln.

BLACKCURRANT YOGHURT ICE CREAM

(Redcurrants, whitecurrants, blackberries, gooseberries could be used, as could stoned black cherries.)

- 600 ml yoghurt
- 5 ml vanilla essence
- 30 ml (2 tbsp) honey
- 100-175 g blackcurrants, topped and tailed
- 30 ml (2 tbsp) orange juice
- 30 g light raw sugar
- 2 egg whites

Mix together the yoghurt, vanilla essence and honey and freeze until mushy - about one hour. Put the blackcurrants in a pan with the orange juice and sugar. Cover and simmer over low heat for five minutes (gooseberries would take about 10 minutes). Remove from the heat and let the fruit steep for 30 minutes. Strain and allow to cool completely. Stir the fruit into the yoghurt. Freeze for an hour. Whisk the egg whites until stiff, fold them into fruit mixture and freeze for one to two hours or until firm.

Colin Franklin, Ballarat.

DATE LUNCHEONS

Pastry:

- 1 cup SR flour
- 3/4 cup sugar
- 1 egg
- 60 g cornflour
- 90 g butter
- a little milk

Beat butter and sugar to a cream, add egg and beat again. Add flour, cornflour and milk and mix to a stiff dough. Cut in half and roll out, put on greased, papered oven tray. Cover with date mixture and then with other half of dough. Cook about 15 minutes in moderate oven and when cold cut into finger lengths.

Date Mixture: Mix over low heat 500 g dates, 1/2 cup sugar, little lemon juice and enough water to make a jam-like consistency.

Wilhelmina Jenkins.

SIMPLE PICKET PULLER

by Colin Turton, Newstead, Vic.

After reading about Vance Avenell's picket puller in GR105 I thought I would share this different device with readers.

My steel post lifter consists simply of a piece of 12 mm mild steel plate, 178x115 mm, and a length of 8 mm chain about 1.8m long. One hole is oxy-cut towards one end of the plate. The size is 64 mm, or a very sloppy fit over a steel post.

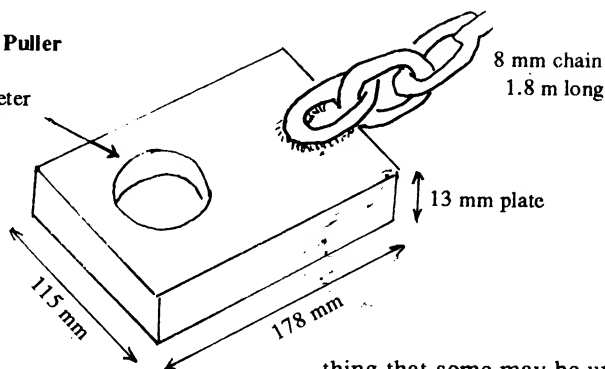
The end link of the chain is welded onto the other end of the plate; on a face, not butted to the end. The plate is simply dropped over the top of the picket and slid down close to the ground. I usually have the welded link to the bottom. When I use mine I use it in conjunction with the tractor. (I have a bad back). I lower the linkage arms and make a half-hitch around one linkage arm with the loose end of the chain; then raise the hydraulics.

This is the same technique used to raise pump rods and pipes from bore holes. The rough hole in the plate jams on the post when force is applied axially

Simple Picket Puller

64 mm diameter

oxy-cut



to the hole. I have used this lifter for about 12 years to lift many objects out of the ground including 36 cm diameter timber strainer posts. You simply pass the chain through the hole and you have a 'chain lock' around the item you wish to lift. You can also use it as a log snigger (dragger). It has many other uses, particularly if you have a chain locking hook on the free end of the chain.

One other small trick with star posts: they will come out of the ground a lot easier if you first give them a whack *in*.

While I'm on steel posts, another

thing that some may be unaware of is: just as there is hardwood and softwood, there are many different steels. The steel(s) in star posts and crowbars are like chalk and cheese, literally! If you use a steel post for a crowbar you will bend it, and a crowbar will come out of the ground easier than a steel post. If you have a bent picket (and who doesn't) it is very easy to straighten it. All you need is a forked tree, hinge side of a gate and a strainer post, old implement spoked wheel; in fact anything, which will hold the post from 'the bend' down, while you lean on the other end.

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'WASTE NOT WANT NOT'

by James Hull, Ogunbil, NSW.

Recent bleak economic times remind me of the days of depression in the 1930s. As it does today, every penny seemed to count. It was a time of 'waste not – want not'. With this philosophy my mum managed her kitchen. Nothing was wasted or squandered.

I remember asking Mother, 'Why don't we have more potato chips?' 'Because too many potatoes are used to make chips,' she replied. 'And besides, I use a third more potatoes making chips than I do mashing them.' So we got a lot of mashed potatoes. Mum even left a little water in the saucepan before mashing, explaining that this saved on milk. The family never knew the difference.

When onions were cheap she would slice up one of these and boil this with the potatoes, it enhanced the mash and was always a welcome change. I love mashed potatoes and still follow my mother's example.

Like nearly everyone in those days we had our own vegetable garden. Beans, peas, spuds, silver beet, carrot, parsnip, cauli and cabbage were the most common vegetables grown to save money.

Silver beet grew well and, as a consequence, was often served up with our meals. Two serves of vegetables could be managed from a bunch. Mum would strip the leaves from the white, crisp stalks; the leaves would be used for the meal that day and the stalks served up with white sauce for the next.

She would string the stalks, as you do with celery, cut them into suitable lengths, simmer in salted water on the stove till tender, drain and serve with white sauce. Her recipe for white sauce was quite basic and simple to make (see at end of article).

If you buy silver beet from the market and find that it has wilted in the heat on the way home, don't despair, try my mum's cure. Strip the leaves from the stalks, plunge and soak them in cold water, adding a few ice cubes, place the blade of a stainless steel knife in the water and leave. After half an hour drain the leaves. You will then find the spinach has returned to its crisp, fresh state. Shake off excess water, bag in plastic and store in the bottom of the fridge. It will keep for days. Don't ask me why the knife helps, but it does.

Stale bread was never wasted. It was



used for toast, crumbled to make stuffing for rabbits or the occasional fowl. For breakfast it was sometimes fried and topped with stewed tomatoes. My favourite was Toad in the Hole. A hole was made in the centre of the slice of bread, the bread placed in a greased or oiled pan, an egg broken and dropped in the hole. When the egg had set the slice was turned over with an egg slice to cook on the other side.

Breadcrumbs were not on the shelves of the shops those days, so to make breadcrumbs slices of stale bread were placed in a warm oven to crisp. The crisp bread was placed on a board, crushed and rolled with a rolling pin, then the subsequent product placed in an airtight container to be used later to crumb chops, fish, chicken and rabbit. Stale bread was put to use in the making of Bread and Butter Pudding, with sultanas.

The old chook was a common source of nourishment for the family, they were cheap and readily available as they are today. The old chook is called a boiler, steamer or a fowl. Chicken as we know it today was a luxury then, but nevertheless an old chook was quite often on the menu and we called this chicken.

An old fowl can be turned into a successful bake. Place the bird in a saucepan and just cover with cold water. Bring to boil, then lower the temperature so that it barely simmers. The time will depend on the age and size of the fowl, from two to five hours, you be the judge. When cooked, drain and cool, add stuffing, place a few sliced of bacon

over the breast and bake or alternatively, steam in a pressure cooker for about twenty to thirty minutes, depending again on the age and size of the bird.

If my mother boiled or steamed a fowl the broth was never wasted or poured down the sink. It was placed in a bowl, allowed to cool, the excess fat skimmed off and the stock used as a basis for chicken soup.

Mutton is not popular these days, but it was standard fare during the depression. Mutton lends itself to casseroles, stews, curries and hot-pots. There is no doubt that it is cheaper than lamb and has more flavour. Leg or shoulder of mutton makes a very successful bake. With your leg of mutton, make slits in the meat with a sharp knife and into these place small pieces of garlic and brush all over with salad oil. Put in a meat dish with oil and about two tablespoons of water, sprinkle with salt and place in a hot oven for, say, twenty minutes then cool the oven down to allow the meat to cook steadily till tender. Baste every ten minutes. Ask your butcher to bone out the shoulder of mutton. Use this to make a tasty dish of seasoned shoulder of mutton.

Rabbits were cheap in the old days, nine pence a pair. They were purchased from a cart that pulled up at the front gate, the driver of the cart calling out, 'Rabbito'. Mum would send us kids out to buy a pair. The Rabbito would swiftly skin the rabbits and we would hand over the money.

Rabbits are still cheap and it is a wonder that they are not used more often

for main meals in the home. Rabbits can be baked, stewed, fried, casseroled and curried. My favourites are seasoned baked rabbit, fried rabbit with tartare sauce and sharp spiced rabbit.

Mum kept soft tomatoes for cooking. She made stews or soup. Soft bananas were never thrown out. These were mashed up with a little sugar, some milk added and served with cereal for breakfast, or as an evening dessert.

Cold cuts of meat were never wasted. Sliced cold meat was served with salad. At times the meat was cut from the bones and minced for tasty rissoles, pies or curry and used to fill sandwiches for cut lunches. From a leg of mutton Mother would cut thick slices and steep these in prepared batter to fry in the pan.

'Don't throw those table scraps in the garbage,' Mum would tell me. 'Put them in the bowl for the dog.' She taught me that what is good for humans is good for dogs. If you have a pet dog at home put those table scraps aside in a suitable spare bowl for Fido. He will love these as a welcome change from dry kibbled biscuit and sloppy food out of a tin. Throw out chicken, rabbit and cooked bones, do not feed these to your dog.

My mother did not drain the vegetable water down the sink. This she would tip into a bowl to soak kibbled biscuit for the dog. This liquid is full of vitamins. Vegetable peelings were kept; when enough accumulated these were boiled up with fresh bones from the butcher, then to be mixed with either meat or table scraps for the dog. He loved it.

Got any old cook books in the house? Your grandmother's or your mother's cookery books are full of cheap recipes and money saving ideas. With these you will find out how to make delicious soups, how to get the best from inexpensive cuts of meat, the way to make that old fowl of chicken go further, what to do with cold meat and how to prepare breakfast from money saving items such as eggs, tomatoes, sheep brains, kidneys, mushrooms and sweetbreads. Most sauces, pickles and chutneys, these days, are purchased from the supermarket shelf but with your mum's cookery book these can be made at home. There will be recipes for sweet and tomato chutney, pickles for cabbage, plum, onion, mustard and tomato. The book will most probably tell you how to make tomato and mushroom sauce.

My mum did a lot of cooking and saved a bit of money and that was important. I know it took time but she



loved it and we enjoyed it. I follow her example to this day.

MUM'S RECIPES

White Sauce

- 1 cup milk
- 1 tbsp butter
- 1 tbsp plain flour
- salt & pepper

Boil milk in saucepan, blend flour with a little cold milk. Pour boiling milk on to the blended flour, stirring constantly. Return to saucepan, simmer gently 3-4 minutes. Add butter. This mixture can be improved by adding fresh chopped parsley.

Bread and Butter Pudding

- slices of stale buttered bread
- 1 1/2 cups milk
- 1 tbsp sugar
- grated nutmeg
- 3 drops essence
- 1 egg
- 1 dspn sultanas

Place sultanas in a greased pie dish, cut the buttered bread into small squares and place crossways in the dish. Beat egg and sugar together, add milk and essence, beat well then pour this over the bread. Grate nutmeg over the top. For cooking stand pie dish in a tin of cold water and place in a slow oven. In 20-30 minutes it should be set.

Seasoned Shoulder of Lamb

- shoulder of lamb
- 1 cup breadcrumbs or stale crumbled bread
- 1 tsp butter
- 1 dspn chopped parsley
- 1/2 tsp chopped thyme
- grated lemon rind
- 1 egg
- salt & pepper

Mix all ingredients together. Fill shoulder with seasoning. Skewer and tie up. Bake in the oven; it's delicious.

GRASS 54 ROOTS

Sharp Spiced Rabbit

- 1 rabbit
- 1 dspn fat or oil
- 1 tbsp flour
- 1 1/2 cups water
- 1 dspn each of vinegar, worcester-shire sauce, tomato sauce
- 1/2 tsp brown sugar
- 1 tsp salt
- 1/4 tsp nutmeg
- pinch of pepper
- 1/2 onion
- 1 stick celery
- 1 tsp chopped gherkin
- sliced carrot
- onion

Soak rabbit for 1/2 hour in salt water. Cut into joints and dry. Brown in fat or oil. Remove, place in casserole, stir in water, vinegar, sauces, sugar, salt, nutmeg and pepper. Stir until boiling. Pour over rabbit in casserole. Add gherkin, carrot, onion and celery. Cook in oven at 180° C for 1 1/2 to 2 hours.

Tartare Sauce

- 1 cup mayonnaise
- 1 dspn finely sliced gherkins
- 1 tsp capers
- 1/4 tsp mustard
- 1 tsp vinegar
- 1 tsp lemon juice
- 1 dspn finely chopped eschalots

To the mayonnaise add parsley, gherkins, capers. Blend mustard with vinegar and lemon juice. Mix all well together using a wooden spoon.



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KING FAMILY CHRISTMAS

by Marilyn King, Kangaroo Island, SA.

Christmas is our time of joy, right up there in importance with birthdays. We go all out reliving traditions from two cultures – one American, one Australian. America gave us stockings, Australia the Christmas pud. Over the years, we've created some new traditions.

We are Howard, Marilyn, our son Casey (19) and daughter, Sasheene (18). Our home is 165 acres of Kangaroo Island, South Australia. Our front yard is the Southern Ocean. We moved here in 1981. Our Christmas was celebrated in a camper van, with a tiny Norfolk Island Pine in a pot.

We'd made our move here after being poisoned with herbicide in south-east Queensland (good old 24D and 245T). I'd tried to move some drums from near the local children's swimming hole, where they'd been dumped illegally by a spray contractor. The contents spilt on me, and, unaware of what I was doing, I picked up our toddlers, causing them to absorb the poison. It left us super-sensitive to all petrochemicals. Life became hell. We had to find clean air. Had to avoid chemicals in all aspects of our life: diet, clothing and immediate environment.

Now, it's easy to eat totally organic, but back then it was a matter of having to grow almost everything and learn to cook without canned food and other such 'luxuries'. Over the years I developed many recipes, really excelling at Christmas.

Sugar is a 'no-no'. The chemicals

used in its growth and production make it a toxic time bomb so for us, honey was the solution. I discovered that substituting three-quarters of a cup of honey for one cup of sugar was most satisfactory, the extra liquid soon absorbed by the dryness of stone ground, wholemeal flour.

Having young children was great. They never knew the word, or the concept of 'error'. They loved all my treats.

An offshoot of our self-sufficient life was that very little rubbish was generated in our home. Instead of covering things with clingwrap, we use damp cotton cloths over the top of food stored in stainless bowls. We store dry foods in biscuit tins or flagons. And using totally natural cleaners means we don't add to the toxic load on the environment.

We eat a goose or turkey bred on our land. Sometimes we stuff it with bread-crumbs and onions, other times with cooked rice and prunes (or apples). If the cow isn't giving enough cream for butter I substitute olive oil in the pastry and, indeed, in all other recipes. In fact, substitution and elimination is my secret. If a

recipe calls for an ingredient and I don't have it, I either substitute or eliminate.

Love pervades every aspect of our life. Hugs and kisses are given freely, along with praise. We take pleasure in our family, not just at Christmas and birthdays but every day. The focus of our Christmas is a celebration of life – of our family. We share our day with anyone who happens to be passing through – backers or campers.

Making some gifts, or hunting for personal bargains in the preceding months adds to the excitement. Secret hiding places for presents, cries of, 'you can't come in,' echo through the house. Whispers, ears straining at walls or doors. Making decorations from gifts of Mother Nature. Sheer joy. Any surprise that we love Christmas?

So if you're passing through Kangaroo Island, come and join us – at any time of the year. If you're especially lucky you'll be here at Christmas. For those who won't be with us in person have a loving Christmas and we'll all join together in spirit.






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RIDE ON STRANGER

PART 2

by Greg Baker, Braidwood, NSW.

I continue this series on buying new and second-hand ride-on mowers with a discussion of controls and gauges. In general, controls and gauges are more comprehensive the more expensive and more fancy the mower.

CONTROLS

Controls begin with the ignition switch and steering wheel and run through the throttle, choke, gear control, foot brake, clutch, parking brake, cutter drive engagement control and cutting height adjustment. Brake control is a standard foot pedal and in some models also incorporates the clutch pedal. On mowers with automatic variable gear systems, the ground speed is controlled with a right-foot operated forward-reverse pedal. At its mid position this automatically declutches the engine from the gears and no separate clutch action is necessary. Parking brakes are linked with the foot brake system to keep the brakes on for parking.

Cutting height adjustment and cutter deck engagement are most usually mechanical levers.

GAUGES

Gauges and indicators of mower operation range from oil pressure warning light, parking brake light, air cleaner restriction light through to fuel gauge, hourmeter, voltmeter, ammeter and tachometer.

Oil Pressure Warning Light

Adequate crankcase lubrication is essential for engine operation without damage. This means that on four-stroke engines some form of low oil pressure warning light is a useful feature, or alternatively an engine system that cuts out at low oil pressure. Not many mowers come equipped with these indicators though some can be fitted with them. Whether or not such a warning device is fitted, regular maintenance and pre-mowing checks should ensure the sump never runs low on oil.

Parking Brake Light

A parking brake warning light is not an essential feature. Making it a habit never to alight from the mower unless the parking brake is engaged and never to disengage this brake until you want to move off will obviate the need for such a device.

Air Cleaner Restriction Light

Regular attention to maintenance detail and to pre-mowing checks will eliminate any need for such an indicator as this. If you will be operating in especially dusty conditions, check the engine air cleaner more often, at least as often as specified in the owner's manual is sufficient. A look at the air cleaner element on a second-hand mower may give some indication of the maintenance history of the mower and also of the conditions it has been operated under.

Fuel Gauge

A couple of times out with a ride-on mower will tell you how long a tank of fuel will last. This and the good habit of refuelling before every mowing session should remove the need for a fuel gauge. Nonetheless, mowers with large fuel tank sizes may be well served with a fuel gauge because refuelling is not often necessary and it may be harder to accurately visually inspect the fuel level.

Hourmeter

To maximise the life of the mower and minimise mechanical problems, regular maintenance is essential. Manufacturers' manuals outline recommended maintenance on the basis of number of hours of operation. Though it is possible and not particularly difficult to keep track of running hours manually, it does require some discipline. This discipline means religiously noting operating times by all users and recording them in an accessible place.

For those without the necessary discipline, an engine hourmeter is a useful mower gauge. This device simply keeps track of the number of hours that the engine is running. Because it accumulates from mowing session to mowing session it will mean you always know what maintenance is due simply by comparing the reading at the end of each session with maintenance intervals given in the owner's maintenance manual. The hourmeter installed in a second-hand mower will obviously give an indication of the minimum age of the mower.

Voltmeter

Although an accurate digital voltmeter will tell you the state of charge of a lead-acid battery, an ordinary gauge indicat-

ing voltage with a needle on a dial will not be accurate enough to be a really worthwhile addition to the suite of mower controls.

The state of charge of the battery on a second-hand mower will give an indication of the maintenance history of the mower as well as the frequency with which the mower has been used. While on the surface it may appear that a low battery, indicating infrequent use, may be preferable, in reality it is indicative of lack of attention to maintenance schedules. A mower that has been used may well be in better condition than one that has sat around growing rust.

Ammeter

A mower's ammeter is identical in function to your car's ammeter or amp warning light. It gives a quick visual indication of whether the battery is charging or discharging. If the battery is constantly discharging with the engine running, it will eventually become flat and this means that the charging system needs attention. Charging systems are based around the mower's alternator and on modern mowers these are extremely reliable. This means that an ammeter should not be considered to be an essential gauge to have, though a simple amp or charging warning light would save you from an unexpected flat battery.

An ammeter warning light that does not go out when the engine is running is indicative of generator or alternator problems in second-hand mowers. Although these problems may not be serious it would be worth checking the generator before completing the sale.

Tachometer

Tachometers tell you at a glance the engine speed. This has the advantage that you can better match ground to engine speed and keep the engine operating at optimum speed for longer life or for maximum power output. A little practice will give you this by careful listening to the sound of the engine, so a tachometer is by no means essential.

In the final part of this series I will look at ride-on mower cutting abilities and mower attachments.

KNIT A TEDDY BEAR

Our knitted teddy bear stands just thirty centimetres tall and is an appealing gift to make for a child. With simple shaping and easy garter stitch, it is a good project for the inexperienced knitter to attempt. Knit teddy in one colour, as we have done, or use up your wool scraps to make a multicoloured striped bear.

Abbreviations: K = knit; sts = stitches; inc = increase; dec = decrease; K2 tog = knit 2 together.

You will need

- 8 ply wool
- a pair size 3 (11) knitting needles
- stuffing
- a little black wool
- 2 buttons
- ribbon

What To Do

Beginning with the head: Cast on 17 sts.

Rows 1 & 2: Knit.

Row 3: Inc 1 st at beginning and end of row.

Row 4 & 5: Knit.

Row 6: As row 3.

Row 7 & 8: Knit.

Row 9: As row 3 (now 23 sts).

Next 10 rows: Knit.

Row 20: K2 tog K to last 2 sts K2 tog.

Row 21 & 22: Knit.

Row 23: As row 20.

Row 24 & 25: Knit.

Row 26: As row 20.

Row 27 & 28: Knit.

Row 29: As row 20.

Cast off these 15 sts.

Knit another piece the same.

The Ears: Cast on 6 sts.

Next 3 rows: Inc 1 st at beginning and end of each row (now 12 sts).

Next 6 rows: Knit.

Next row: K2 tog six times.

Cast off these 6 sts.

Knit another piece the same.

The Body: Cast on 3 sts.

Row 1: Knit.

Row 2: Inc 1 st at beginning and end of row.

Row 3: Knit.

Repeat rows 2 & 3 until there are 23 sts.

Next 20 rows: Knit.

Shape Shoulders and Neck: Row 1: K2 tog at beginning and end of row.

Row 2: Knit.

Repeat these 2 rows until 13 sts remain.

Cast off.

Knit another piece the same.

Arms: Cast on 14 sts.

Next 30 rows: Knit.

Row: 31: K2, K2 tog, K2, K2 tog, K2, K2 tog, K2.

Row 32: K2, K2 tog, K2, K2 tog, K3.

Row 33: K2, K2 tog, K2, K2 tog, K1 (7 sts).

Row 34: Knit.

Cast off.

Knit another piece the same.

Legs: Cast on 16 sts.

Next 32 rows: Knit.

Row 33: K2, K2 tog, K2, K2 tog, K2, K2 tog, K1, K2 tog, K1.

Row 34: K2, K2 tog, K2, K2 tog, K1, K2 tog, K1.

Row 35: K2, K2 tog, K2, K2 tog, K1 (7 sts).

Row 36: Knit.

Cast off.

Knit another piece the same.

To Make Up

Join the body, sewing together at outer edges, leaving an opening at the neck for stuffing. Stuff firmly, then sew up opening. Sew the legs and stuff them, then stitch to the narrowest part of the body. Sew the arms, stuff them and stitch them to the top of the body. Sew and stuff the head, and stitch to top of the body. With black wool sew in a few stitches for nose and mouth. Sew on 2



The wide bow and button eyes give teddy a jaunty look, but should not be used if making it for a baby.

buttons for eyes. If you are making the teddy for a baby or child under the age of three, sew eyes in wool, do not use buttons. Sew on ears to top of head. Stitch paws on arms and legs with black wool. Tie ribbon round neck.

Reprinted from *Something To Do - 300 games, hobbies and pastimes for all the year round*, published by Puffin Books. This is an old book, but full of good ideas; it might still be available through some libraries.



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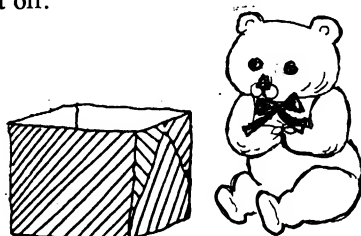
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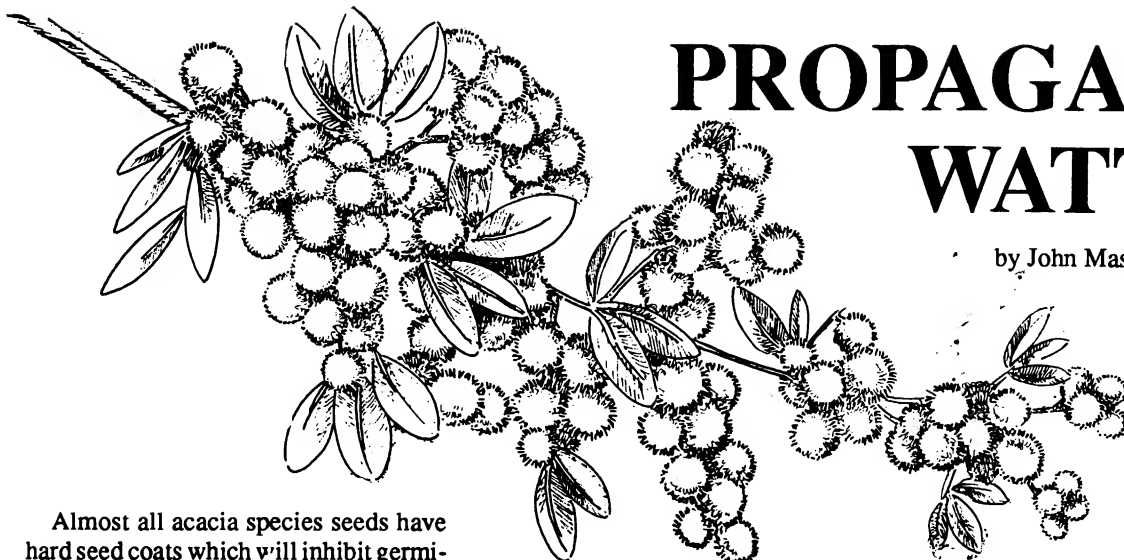
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PROPAGATING WATTLES

by John Mason, Nerang East, Qld.

Almost all acacia species seeds have hard seed coats which will inhibit germination, hence they need some treatment before the seeds are sown. The seed coats make it difficult for water to penetrate into the seed, a prerequisite for initiating germination. Breaking the coat's surface therefore is necessary to ensure a good rate of germination.

The hardness of the seed coat is influenced by several factors including: the variety of acacia (some varieties have harder coats than others), the geographical location the seed came from, and the weather conditions which occurred over the period of time while the seed was developing on the plant.

SEED TREATMENTS

The most commonly used treatment is to pour near-boiling water over the surface of the seed, then allow it to soak for between one and twenty-four hours before planting.

Another method is to carefully cut off a chip from the coat with a sharp blade such as a Stanley knife. This must be done without damaging the soft tissue below the seed coat.

The seed coat can also be broken successfully by rubbing it between two sheets of fine sandpaper. Again, the tissue below the seed coat must not be damaged.

Filing, cracking or burning with acid are other methods which can work, however due to the delicate nature of the tissue below the coat, they are not normally practised.

Seed Storage

Dry seed will store for up to ten years, provided it is protected from insect attack.

SOWING

Germination is generally good when treated seeds are sown into a freely draining propagating mix or direct seeded into soil in the open ground. Ideal propagat-

ing mixes would be 50 percent gravel and 50 percent sandy loam; or 75 percent coarse granitic sand and 25 percent peat moss. There is an advantage in sowing into a sterile mix (to reduce fungal attack on the germinating seedling), though this is not always a commercial necessity.

Seeds ideally should be covered with a few millimetres of propagating mix after they are sown, then kept moist until germination occurs. Seed will generally germinate best in a warm sunny position such as on a greenhouse bench in temperate climates. The seed containers should never dry out - watch the watering carefully and water when the surface appears dry.

Seedlings can be potted up any time after the four-leaf stage, usually into tubes which are then transferred to a shade house.

CUTTINGS

Acacias have not traditionally been grown by cuttings, though experiments in recent years show that many varieties can be successfully grown this way.

The only reason to grow an acacia from cuttings is to maintain the genetic characteristics of a favoured variety. For example, *Acacia pravissima* normally grows tall. A variety of *A pravissima* which grows as a groundcover can be grown from cuttings to produce guaranteed groundcover plants. If seed were collected from this groundcover form, a proportion of those seedlings would be likely to grow tall. One other advantage is that the cutting-grown plant will normally flower within a couple of years of being propagated, whereas the seedling can take a lot longer.

Cuttings must come from the right type of plant material if you are to achieve

good results. They should be from a healthy, vigorously growing, disease-free plant, preferably a relatively young plant (four or five years old would be ideal); be firm growth from the tips of the plant, or semi-hardwood side shoots, ideally taken late summer or early autumn.

A tip cutting should be cut clean just below a node. A side shoot cutting should be taken with a heel. Remove the bottom 60 to 70 percent of foliage from the cutting and treat with a rooting hormone before planting in a well drained propagating medium such as 75 percent coarse sand and 25 percent peat moss, or deep Growool propagating blocks.

The cuttings can be placed in either a greenhouse or cold frame to root. Bottom heat may be useful, but be careful not to allow the medium to dry out. Misting may promote trouble with fungal diseases. Damping off fungi pose the main problem during the period when the cuttings are rooting. Practise cleanliness in your operations and consider using routine applications of fungicide to control damping off throughout this stage.

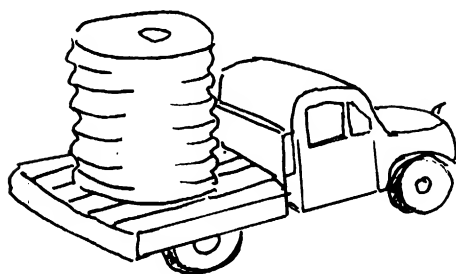
It can take anything from a few weeks to many months for roots to develop. Be careful when potting up rooted cuttings as the roots can be brittle and may damage easily.

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NEW LIFE FOR OLD TANKS

by Kel Connell, East Gosford, NSW.

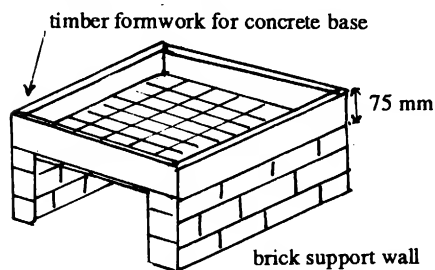


If you don't already have one you must first acquire an old galvanised water tank, hopefully not too rusty. If the bottom should fall out all is not lost, just up-end it (the tank, not the bottom), then reposition the tap.

The bottom can be used for the top after an access hole is cut in it and cement lining is complete.

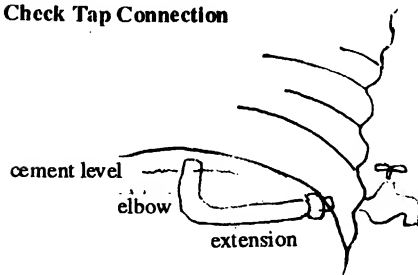
You will need to prepare the base for the tank's extra weight (see below). Prepare square formwork for a concrete slab 75 mm thick. The slab needs to be reinforced with weldmesh and slightly wider than the tank. Finish slab with a smooth surface. Leave one or two ends open. This cool space under the tank could have many uses.

Strengthen Tank Stand



Check the tap connection inside the tank, it may require an extension and an elbow to allow for 50 mm of cement (see below).

Check Tap Connection

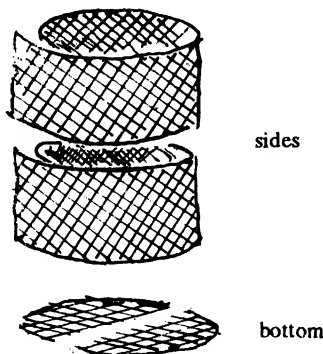


The inside of the tank will need to be lined with wire netting to hold and reinforce the cement lining. The chicken wire netting is best; one metre wide, the two metre width is too awkward to handle inside the tank. Do not use rusty

wire. It must be galvanised. Rust causes concrete decay and eventual cracking of cement render. To estimate the length of one metre wide chicken wire measure the circumference and multiply by three (if the tank is two metres high).

Some soft galvanised tie-wire will be required for fixing the wire netting to the inside of the tank. Cut the wire netting. Allow for overlap for tying joins. Cut bottom in two pieces.

Prepare Wire Lining

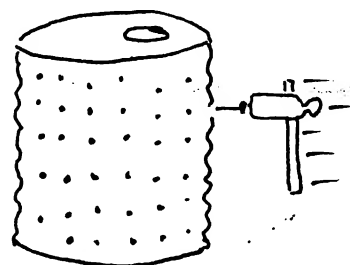


The following advice may sound strange, but it is a good idea to tie the tank to a tree while waiting for the cement to set in the base support slab. Once, when working with an empty old tank, I left it on its side with just a housebrick for a stop, then went off to town. Well, it wasn't windy when I left. I was very surprised upon my return to find the tank missing. While I was in town the wind had come up. The tank easily rolled over the brick stop and gained momentum. My little acreage was near the top of a large hill. In front there was a road, a small orchard, a neighbour's house, then, at the bottom

of the valley, a billabong. I was told, that by the time my tank reached the road it was almost airborne, easily clearing my front fence, crossing the road, then over my neighbour's fence, cutting a path through his young orchard and heading straight for the billabong via my neighbour's lounge room. Fortunately it hit a rock then bounced into a tree. What I salvaged from the tank became a garbage container and a goat shelter.

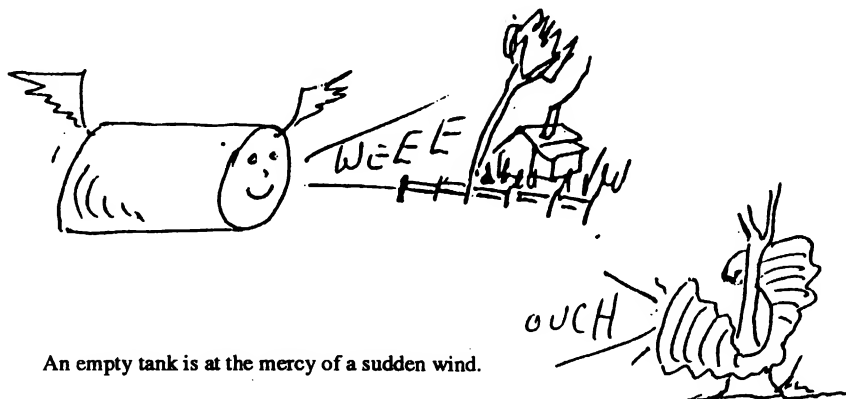
I replaced my neighbour's lost fruit trees quite happily (it could have been a new lounge room). An empty tank is at the mercy of a sudden wind.

Punch Holes

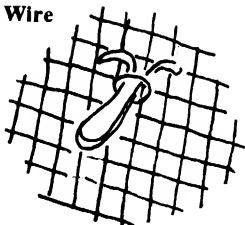


Using a large nail or a punch and a hammer, punch holes every sixty centimetres for fixing the chicken wire (the bottom does not need to be holed). Now, place the tank on the stand (slab) with the tap in a good position for access and bucket space. Now, using galvanised (zinc) tie wire, fix chicken wire to the inside of the tank walls. Do not put wire on tank bottom at this stage.

Place a wood or paper plug over the water outlet pipe to the tap, to prevent the lining cement from blocking water flow to the outlet tap.

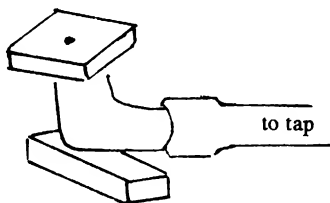


Fix Chicken Wire



Cover Water Outlet

wooden cover will float if you forget to remove it



brick packing under elbow

You will need an assistant to help with wire ties when fixing the chicken

wire, also to lower cement plaster, in a bucket on a rope, and to wipe away sweat and supply the occasional 'cuppa'. I kid you not, it is a hot job, there's not much air inside the tank.

Using a trowel put about 25 mm thickness of cement or concrete over tank bottom. When partly set put chicken wire over bottom area then two or three house bricks in the centre. These are to stand on when rendering the tank wall. These bricks are left in the cement floor as removal could cause damage, and is not necessary. Now put another 25 mm of cement on top of tank bottom, making a 50 mm thick bottom.

I would do all the preparation one day and start early the next day with cement work. You cannot do the tank bottom today and the wall tomorrow. The wall will not seal to the hardened bottom and will leak later.

Use a dry mix, such as cement

renderers use: fine clean sand and cement (not too strong). If too much cement is used in relation to sand the finished render will be too hard, not flexible, it will not expand and contract, but will resist movement and may crack. If too much water is used, excess shrinkage occurs which causes contraction cracks. So, use a dry mix when rendering. Don't try to put too much cement in one spot, keep moving horizontally. Walls need to be 36 to 50 mm thick.

Two people would be best, then you can work shifts. Pick a cool day; it gets hot in that tank. Rapid drying can weaken the render so you may have to retard this by continually sprinkling finished work with water. Do not use beach sand (its too salty). I suppose there's no reason why the tank couldn't be buried or partly buried for less evaporation and greater coolness, but a water pump or bucket on a rope may be needed.

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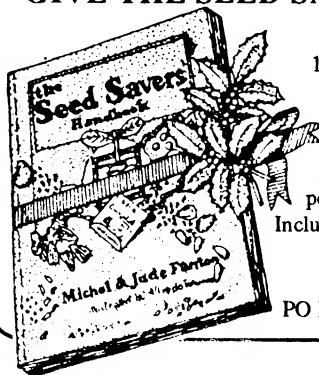
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LIVING WITH ANIMALS

by Ann Cliff, Hill End, Vic.

Vegetables are fairly quiet as a rule, and they either flourish or perish without worrying your conscience too much. No, the real worry for people new to the grass roots of life is living with animals. Animals are demanding, sentient beings with rights of their own. Animals will be of great benefit to your ecosystem, they will give you a lifetime of interest—but they are a big responsibility.

Don't let the worry stop you from keeping animals, but build up your confidence gradually. Confidence will be needed because if you are scared the animals will be scared too; they are often extremely sensitive to our feelings. They are happiest with calm and confident handling and with people who understand their needs.

So where should we begin? Planning and preparation can include hands-on experience if you know where to look for it. Goat keepers, for example are nearly always enthusiasts who talk endlessly about goats and could be quite pleased to have a willing helper looking for the experience of milking, feeding and talking to a goat. The WWOOF network would be a good starting point if you don't know any goaty people (Willing Workers on Organic Farms, Lionel Pollard, Buchan, Vic 3885).

There is no substitute for an interview with a goat to give you authentic experience. Communication with animals means learning their language, which of course is mainly nonverbal, but not always! You can't really learn goatspeak from books, although a knowledge of the ruminant stomach may one day help you to work out what she's trying to tell you.

Which brings me to the next point: observation. Quiet watching is the secret; being with the animal, watching it going about its normal life, building up a picture of the animal and its temperament, likes and dislikes. Animals can tell you a great deal and they will be picking up signals from you also.

We have an interesting character called Ginger, a heifer who combines the Murray Grey, Friesian and Angus breeds in her stocky frame. From calfhood Ginger has been a good communicator. Her normal behaviour is friendly and she comes over for a pat as a rule, but if she is displeased she can



Ginger, the communicating cow, in a sociable mood.

put on a sulky look and turn her fat behind on us, putting us down without a word spoken.

The only real trouble in Ginger's life so far was when she was weaned at about ten months, to give her mother a rest before the next calf was due. The other calves in the bunch accepted that it was time for weaning and the cows strolled off quite happily. But Ginger sulked for three weeks, ignoring us completely and not spending much time with the other calves either. She even managed to put on an unhappy face, usually cattle look either placid or frightened, with not much in between. Most animals can tell you things, even if they are not as dramatic as Ginger, and the more they trust you, the more you will find out from them.

Having visited shows, talked to animals and their breeders, read books and magazines and worked with animals yourself a little, you will be ready to introduce a livestock element to the holding. Don't try to do too much at once. Start with something small, such as poultry, and integrate them into your system before adding anything else.

Be prepared for mistakes; we all make them, including me (after all these years). Last summer our system included a per-

fect little organic cycle which pleased the animals but somehow left us out of the equation. The free range chooks ate the strawberries, the dog ate the chook eggs and the caterpillars got to the greens we grew from the chook manure compost, all because we made mistakes.

The main thing is not to make mistakes which cause discomfort or unhappiness to the animals. This kind of mistake can be avoided by learning of their needs; these include the right diet, plenty of clean water, a comfortable environment and the chance to display normal behaviour patterns.

Your observations will have taught you something about the natural behaviour, which of course varies with species and even with individuals. My formula for getting things right is to ask: how does this species live in the wild?

In some cases our animals have been domesticated for thousands of years, but their instincts are still those of the wild ancestors. For example, the domestic fowl was a jungle bird and enjoyed scratching a living on the forest floor. This bird perched in trees at night for safety and hested in deep dark undergrowth.

Watch your chooks and you will see the jungle bird. They love to forage for

insects, scratch about in dry litter, perch at night and nest in private. Give them these things, with the right diet, and they should be happy. And it is possible to do it without owning a jungle; you can make a miniature one in the backyard.

If you fear that free range hens would eat your strawberries, make them two runs to use alternately, or create a forest-floor environment with a strawyard or a deep litter shed. (One chook run soon gets to be a desert, but with two they can be rested alternately.) Give them dark nest boxes, hang up greens for them to peck at and provide perches well off the ground.

This system can be used for any species. Think like the animal in the wild. Pigs like deep undergrowth for security, goats like raised platforms to skip about on or rocks to climb and plenty of branches to browse on. Cattle also like to browse as well as graze and they like shade trees and lots of water. All animals like an environment rich in stimulation and variety and they do not like to be stuck away in cages or small pens with nothing to do, even if the food is adequate.

Freedom from fear is another basic right of animals, and much patience is needed to minimise fear because they are sometimes afraid when something



is being done for their own good. A sick animal is often handled during treatment and this can terrify it if handling is not part of normal routine. Try to get your animals and birds used to being handled quietly and work out what frightens them so that it can be avoided.

Ducks are afraid of bright lights, so a duck pen near a busy road would put them under stress. Cattle and horses hate flapping things. All animals hate sudden movements and unexpected loud noises. Most animals hate being parted from their young until the natural time for weaning, when they are usually quite happy to be relieved of family duties.

Tethering goats and sheep is a good way to keep the grass down, but to leave them on a roadside with fast traffic could cause much fear. Animals should never

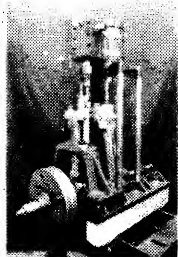
be left on a tether for long without attention, never without water or out in extremes of weather without shelter. Pigs and cattle need a shoulder harness for tethering, sheep and goats a leather collar.

Anything unknown frightens an animal, so make changes gradually. When you buy animals and bring them home, let them rest and get used to their new surroundings with as much peace and quiet as possible. Make diet changes gradually.

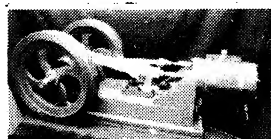
Many animals are lonely and afraid on their own and most will appreciate company, so two goats will be better than one and five sheep is a comfortable group from their point of view. If you haven't room for more than one of a kind, mixed species will often be happy together. Horses and goats get on well, but cats and goldfish seldom achieve a long-term relationship!

Ginger is now in calf, and inclining to 'speak' more to me than to Neville because he accidentally startled her the other day and he won't be allowed to forget it for a while. Calving time will be interesting. Will she want us to be there, or not? In this kind of situation you have to be around, but not too obtrusively. Living with animals demands a great deal of tact at times.

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Car Maintenance: Oils

by Arthur Frith, Taree, NSW.

The need to change the oils in the motor, gearbox and differential at regular intervals is real. The main purpose is so that the vehicle is maintained in a serviceable condition, preventing early mechanical wear and failure. To accept this statement an understanding of oil theory and what jobs oil has to perform, must be looked at first.

OIL SPECIFICATIONS

Oil specifications are varied and constantly changing as new vehicles are produced. To the average motorist oil specifications mean little or nothing. However having a knowledge of what they are will help you to be more aware of their importance.

Pour Point

As the name suggests, it indicates the lowest temperature that an oil will begin to flow by gravity alone. It also indicates the temperature at which oil thickens sufficiently to resist oil flow when not affected by external influences. The colder the temperature the greater the resistance to flow, in fact if cold enough the oil will almost set solid. A good example of this is a jar of honey. When the honey is placed in a refrigerator it will become thick and harder to pour. The same jar of honey taken out of the refrigerator and left standing at room temperature, after some time standing, will become thinner and easier to pour.

Specific Gravity

This is the weight of a given volume of oil compared with the same volume of water.

Viscosity

This means resistance to flow and is defined as, 'the rate at which a given volume of oil will flow through a standard diameter hole at a certain temperature'.

The viscosity of oil changes as the temperature changes. That is, when an oil is heated, it becomes thinner and will flow more easily. However some oils will become thinner or may thin out

more than others at the same temperature during heating.

In the reverse, some oils will become thicker at lower temperatures than other oils. The higher the temperature, the lower the viscosity.

Oil viscosity is identified by SAE numbers. (SAE means Society of Automotive Engineers). The numbers SAE 20, 30 and 40, indicate that an oil is within certain viscosity limits at 100°C. The numbers SAE 5W 10W etc indicate that the viscosity of an oil is within a limit at -20°C. It must be clearly understood that the viscosity number does not describe quality of an oil. In general viscosity denotes how thick an oil is.

Viscosity Index

This is the rate of change in the viscosity of an oil over a given temperature range. An oil viscosity that changes rapidly with temperature has a low viscosity index.

Flash Point

This is the temperature at which an oil will give off vapours that will ignite.

Carbon Residue

The carbon residue of an oil is determined by the amount of carbon deposited when a given quantity of the oil is subjected to heat in a limited air supply. Due to oxidation the carbon residue value is always higher in a used oil. Carbon deposits that affect piston rings and

valves may result from imperfect combustion of the fuel rather than the oil used. However because of this event occurring the engine oil will become contaminated with carbon deposits.

Sulphur content, oxidation and acids are some other properties that can affect lubricant oils.

TASKS OF A LUBRICATING OIL

- To reduce friction of metals.
- To carry contamination into a filtering system.
- To act as a seal.
- To act as a coolant (by removing frictional heat).
- To clean the internal engine parts.
- To reduce engine wear.
- To reduce sludge and gum formation.

HOW OIL WORKS

Although two metals may appear to the eye to be smooth and highly polished, under a microscope (fig 1) they have irregular surfaces with ridges and projections. When two metals are brought in contact with each other and movement occurs, these irregular surfaces cause a resistance; this is called friction. The continued movement of the metals will cause the projections to be torn away from each surface. This action results in wear. To reduce the rate of wear in the metal, oil is applied to the contact areas.

The oil spreads out and forms a thin

Figure 1: Metal Under The Microscope

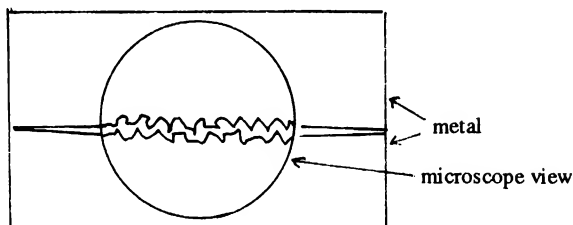
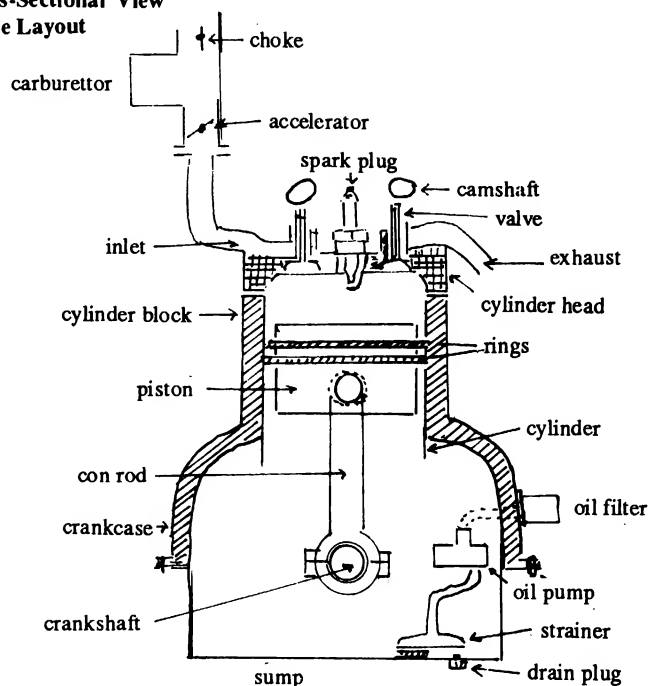


Figure 2: Cross-Sectional View Of Basic Engine Layout



layer over the area filling up the small hollows in the metal surface, reducing the metals' contact with each other by acting as a lubricant. Friction still occurs in the larger projections of the metal. Due to friction, heat is developed and the oil acts as a coolant by transferring this heat into the oil reservoir.

In an engine the oil is contained in a reservoir called a sump. The oil is circulated internally in the engine using an oil pump which is usually fitted in the lower part of the engine. A 'pick-up tube' with a gauze screen is submerged in the oil and connected to the oil pump. When the engine is running, oil is pumped from the sump into the oil filter and is cleaned before entering the crankshaft, con rods, camshaft and other moving parts inside the engine that require lubricating (fig 2).

As oil travels through its journey it will carry contaminants such as water, dirt, metal and carbon through to the sump where the heavier contaminants sit in the bottom of the sump. The other contaminants that are suspended in the oil are pumped into the oil filtering system.

For the oil to clean the internal engine parts, the oil companies add compounds and detergents during processing. Today's oils that meet stringent requirements by the engine manufacturers have additives that may reduce bearing corrosion, suspend contaminants, reduce engine wear and minimise gum and lacquer forming, as well as withstanding higher operating temperatures and higher engine speeds.

CHANGING THE OIL

We have now discovered that the oil is

very important in an engine and its function is far greater than many realise. For the oil to do justice it must be clean and fit. The best procedure to follow is to renew the oil and oil filter on a regular basis, either by the manufacturer's recommendation or at least every six months or five thousand kilometres. Where a good quality oil is used ten thousand kilometres is usually sufficient, but still six months (in time) if the vehicle has travelled less than ten thousand kilometres. Another indication of when the oil requires changing is if the oil becomes thick, milky or too thin.

Diagnosing The Problem

Symptom	Cause
thick	Contamination of dust and water causing sludge build up. Oil change long overdue.
milky	Contains water due to leaking welch plug, cracked cylinder head, cracked engine block, blown head gasket or badly corroded internally.
too thin	Petrol in the oil due to leaking petrol pump, overfuelling due to choke closed, carburettor flooding, leaking injectors.

Procedure

The best time to change the engine oil is when the engine is at operating temperature. Wear a pair of suitable oil/petrol resistant gloves. Use the correct size ring spanner or socket to remove the drain plug. Change the drain plug gasket to prevent leakage after installing the plug.

When removing the oil filter use a good quality filter removing tool. Inspect the seal area of the filter to ensure a clean seating and make sure the old seal is not stuck on the engine. Follow the recommendation instructions for tightening the oil filter.


SELECTING THE OIL

It is the manufacturers of the engine who usually recommend what type of oil is suitable for their engine. The oil companies then set out to make an oil that is to the specification given by the engine manufacturer. An ideal oil viscosity of SAE40 would be suitable for a vehicle that was in Queensland but would not be suitable for a vehicle in Tasmania in the winter period. The viscosity of SAE10W would be ideal. The 'W' stands for winter conditions.

To overcome the problem of having to change the oil during a holiday trip or sudden temperature change, a multi-grade oil is available and is classified as SAE10W30. Other multigrades are 15W30 and 20W40.


Another classification which is found on the labels of the oil containers is the API (American Petroleum Institute) service classification. These are, ML (motor light), MM (motor medium), MS (motor severe) which are now replaced by SA, SB, SC, SD, SE and SF oils. The S being for petrol engines and the A, B, C, D, E and F being the design of the oil. SF oil is the current oil available for cars from 1980 to today and replaces the previous classes.

Next issue, our motoring adviser will outline the correct procedure for changing brake fluid.




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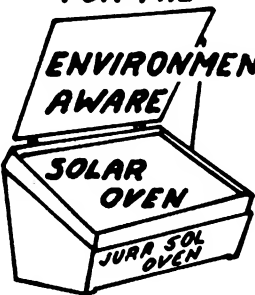

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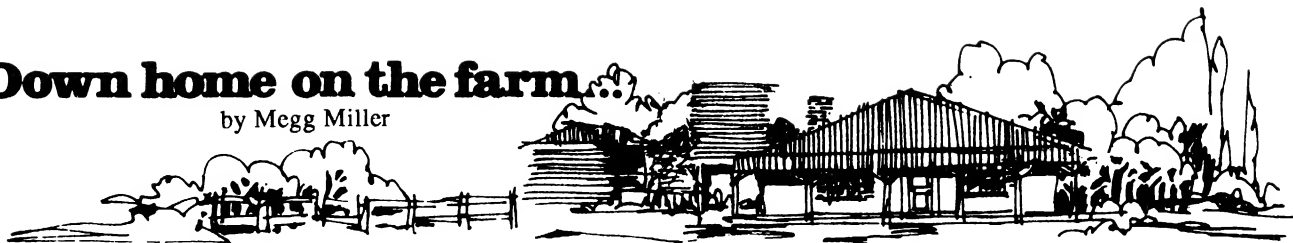
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Down home on the farm...

by Megg Miller



It is usually difficult walking around the poultry yard at this time of year because of the number of chickens and young turkeys underfoot. They crowd around seeking food and solace, forcing us to assume a shuffling walk to avoid inflicting injury. This breeding season has been unrewarding, a result of human error in monitoring the incubation and the effects of the current dry conditions. As usual though, a few hens have managed to steal off into the bushes and hatch a clutch, mostly crossbred, and successfully rear the lot. Purebreds, alas, are scarce on the ground, but because we always need replacement pullets, the incubator will have to be kept running. Other poultry breeders have reported similar disappointing results and we can only assume some sixth sense has warned the poultry that food may be scarce in the months to come.

The poor hatching results may be a blessing in disguise. For years now I've been promising to cut the poultry numbers back and although I have reduced the size of the various flocks it is not enough to satisfy the family nor cut the workload back significantly. David occasionally suggests I tackle the problem by eliminating several of the breeds, while Suni just says, 'Too many birds Megg - are you sure you got rid of some?'

It seems as quickly as I reduce numbers more appear. Take the Melbourne Show as an example. Unpacking the birds after their sojourn in the Animal Nursery I discovered a couple of extra hens. I'd protested to the Nursery Coordinator that a black squawking hen she put in my crate wasn't mine, only to be brushed aside with, 'You've forgotten what you brought down'. I know every chook's face and I arrived back with four frightened, scaley-leg infested, ugly, commercial hybrids. Each day these poor insecure birds beg to be allowed to stay, promising to be invisible and lay faithfully till the end of their time. What can I do? I figure that by keeping their position just a little shaky they will maintain their laying and continue the cooperation, unlike some of the other creatures here:

meanour are the geese, and in particular the mated pairs still sitting or rearing young. The number of goslings hatched each year is pathetic compared to the results gained from crossbreds, though the fervour of the breeding birds is no less intense. For weeks on end I was awakened at night by fighting outside the bedroom window, as a gander defended his mate's territorial rights to the wormwood bushes. A day or so after their young were up and about I slipped over to the nest to check for unhatched eggs. From out of nowhere two angry birds appeared and well and truly worked me over. Shrieking and flapping at my front and nether regions, they had me powerless to move, especially as I was cornered under an old peach tree with dead wood poking dangerously near eyes and ears. It took some fancy footwork to extricate myself from the beating and so cross and irrational were these birds that they then turned on the baby-sitting uncle and belted the living daylights out of him. At least with such strong protective instincts we can be assured no predator will get the young.

A favourable nesting site of this species is the large shed where the incubator is located, the current tenants being just bearable. The gander on guard there is a versatile fellow, with several wives to tend and a more sophisticated defence than blind aggression. Some visits to the incubator elicit no response, others result in nips on the legs and ankles. Being unable to predict his behaviour, I had to barricade him off recently when the electrician came to examine the incubator. You can well imagine the provocation of a strange bottom up in the air. The defensive posturing of the ganders is normal for this time of year but I won't be sorry to see the last of the hissing and flapping. I'm getting a crick in my neck from looking over my shoulder all the time.

Persuading these big birds to spend their days up the paddock has been difficult, not just because a few are still on eggs but due to the absence of tempting green feed. Usually at this time of year the ride-on mower is in use one or two evenings a week and David and I are wrestling over who's turn it is to borrow



Family get-together for Suni's twentieth birthday.

One species with a proprietary de-

it. I've cut the grass twice this year, more for cosmetic appeal than necessity, whilst he hasn't bothered. The effects of the lack of rain are obvious. There is no green grass in our district and even weeds like mallow are struggling to survive. The wheat crop in adjoining paddocks is little more than thirty centimetres high, and drying out prematurely. Other crops in the neighbourhood also look stunted and withered. A solid rain now would do little to help them.

We're fortunate the farm we're leasing has irrigation and, provided David waters wisely and regularly, the pasture will support the stud cattle over the summer months. The young stock and crossbreds however have been agisted out, a precarious arrangement when feed is short. We have our fingers crossed that there will be sufficient grass to maintain them. Our worries about rain and fodder seem inconsequential when you look at the problems in long-term drought areas. The press reports on these are very sobering and emphasise the critical role a resource like water plays in our dry continent. They also stress the fragile balance of our ecosystem, and how important it is for every one of us to implement sustainable farming practices.

We've seen little of Suni this semester, as her time has been occupied with studying, a part-time job and weekend kitchen duties at her residential college. All this, we're sure, is squeezed in around a hectic social life, but even that is put on hold during exam time. It's an awful period, especially when it stretches over several weeks, so David has made a couple of trips down to Melbourne and taken Suni out for meals and I've been posting daily notes accompanied by a little surprise.



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When she was little and I was going away for a few days, I always left behind a 'bird post' for the days I'd be away. These just comprised a note and little gift, to allay missing me, and were mysteriously delivered by a pigeon that was never actually seen. The long lonely days were broken up by the appearance of these riveting letters: 'I'm writing this on the bank of the Torrens River, admiring the ducks and wishing you were here...' The gifts too were highly prized - pretty buttons or sequins, a packet of seeds, a tiny ornament - and took a lot of time and effort on my part to collect. The bird post tradition continued even after it was demystified, and I can remember putting together twenty-plus little parcels when I went overseas a few years ago. You're not even too old for this when you're twenty, and this same girl has owned up to keeping all the current notes that are being sent. It's still tremendous fun to do, and I like to think the touch of homeliness the notes convey and the surprise gift brighten the day and remind Suni of our love and support.

With Christmas just around the corner, we've been discussing how we'll celebrate it. This year Suni will be working full time including Christmas Eve, so we'll be transferring our festivities to Melbourne to make it easier for her. She moves into a flat with friends after the exams, which is tremendously exciting. Celebrating Christmas dinner in suburbia will be new for us, and David is already worrying that the reindeer may not be safe tethered in the street all day. Blow the reindeer, I'm thrilled someone else will be hot and bothered as they rush around to get dinner. It sounds every mother's dream of Christmas day.

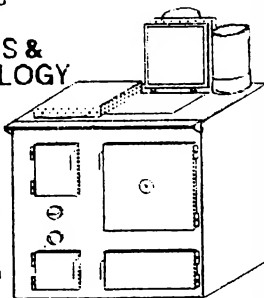


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Dianne, C/- PO Box 242, EUROA 3666.

Hi, my name is Aimie. I am 10 years old. I enjoy swimming, listening to music and roller skating. I would love to have a penpal around the age of 9-11, boy or girl.

Aimie, C/- PO Box 242, EUROA 3666.

Hi, my name is Jessie. I am 7 years old. My interests are reading, cooking, bike riding and roller skating. I like animals and collect monkeys. I would like to write to a boy or girl around my age.

Jessie, C/- PO Box 242, EUROA 3666.

Hi, my name is Emelisa. I am a 31 year old living on an organic farm in NSW. I love music, animals, sunrises, honesty, reading, anything natural, travelling and writing letters. All letters welcome.

Emelisa, PO Box 740, PALM BEACH 4221.

Hi, my name is Lucy and I am 10 years old. I like collecting stamps, horse riding, bike riding, listening to the latest music and writing to people. I don't mind if I get a boy or a girl penfriend.

Lucy, C/- PO Box 242, EUROA 3666.

Hi, I'm Cathrina, a Danish girl, 32 years old, educated as a teacher. I would like to write with people all over Australia and New Zealand. Some of my interests are: vegetarian cooking, nature/environment, poetry, reading books, movies, music, social work and frank discussions. I will be looking forward to hearing from you.

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CRYPTIC GRASSWORD Continued from page 50.

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★ FEATURE TITLE ★

ENERGY EFFICIENT HOUSING MANUAL – Energy Victoria.

This is an unusual choice for a feature title, being more a collection of articles presented in a sturdy A4 ring binder than an actual book. However its choice is justified by its extreme usefulness. Anyone building a new house or renovating an old one will find its advice invaluable. Even those stuck with an energy inefficient house, site location, and garden design will find useful advice on various aspects which they can change for the better.

As well as advice on house design, garden layout, siting and solar access, there are useful hints on insulation, air movement, lighting and appliances and much more. Twenty-two case studies of various house designs, site features and climate types will help users of the manual to apply the multifarious information in the manual to their own situations.

Although it is produced by the Renewable Energy Authority of Victoria and some of the information is specific to that state, there is much that will be relevant throughout Australia.

H/b, 169 pp, Renewable Energy Victoria. Available from: The Energy Information Centre, 139 Flinders St, Melbourne 3000. Ph: 03-650-1195. RRP \$45 plus p&p.

LIFE'S LITTLE TRAVEL TIPS – Jan Bowen.

Pocket sized and practical, with over 400 tips to take the uncertainty out of planning a trip, this book covers booking, packing, transport, health and safety and documentation. A useful starting point when planning your holiday.

P/b, 142pp, Hale & Iremonger, RRP \$6.95.

GO COUNTRY: A TROUBLESHOOTER'S GUIDE TO SUCCESSFUL COUNTRY LIVING – Edward Mundle.

Written from practical experience, this book covers everything you need to know to move to the country. It includes advice on buying a property, machinery and tools, fences, water, electricity, renovating and building a house, livestock and self-sufficiency.

P/b, 231pp, Hyland House, RRP \$24.95.

NEW FACES – Robin E Stewart.

If conventional pets do not suit your family, you can find out all about choosing and caring for an alternative pet. Robin Stewart (a GR contributor and author of *The Cleanhouse Effect*) provides information on furry, feathery, and watery friends: tortoises, crabs, frogs, lizards, crickets, silkworms and snails.

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H/b, 128pp, Kangaroo Press, RRP \$35.

THE HERBAL HEALTH AND BEAUTY BOOK – Hilary Boddie.

Contains useful recipes and remedies with a few clever photographs. Beauty treatments and herbal remedies are outlined according to the ailments, with a chapter devoted to fifty herbs in alphabetical order, describing each one and its uses.

P/b, 152pp, Penguin Books, RRP \$29.95.

SISSINGHURST: PORTRAIT OF A GARDEN – Jane Brown.

First created by Vita Sackville-West and her husband Harold Nicolson in the 1930s, the garden at Sissinghurst has a romantic aspect which is unsurpassed. Accompanied by John Miller's photographs, the text outlines the history of the house and the creation of the garden.

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SMOCKING WITH A DIFFERENCE – Jan McNess.

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P/b, 56pp, Aird Books, RRP \$19.95.

GIFTS FROM THE GARDEN – Caroline Gunter.

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P/b, 96pp, Kangaroo Press, RRP \$14.95.

ATTRACTING WILDLIFE TO YOUR GARDEN – Roger Elliot.

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P/b, 64pp, Lothian Books, RRP \$12.95.

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PROPAGATING AUSTRALIAN PLANTS – Alec M Blombery & Betty Maloney.

Describes a variety of propagation techniques and how to choose the right one for the particular plant. The comprehensive illustrations make this a more useful guide than most others in this area.

P/b, 120pp, Kangaroo Press, RRP \$16.95.

WILDFLOWER EMBROIDERY – Annette Rich.

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NORTHERN NSW, 150 ac f/hold. Flood-free, undulating property with level homesites & good rd frontage. Power/ph along front bndry. Clean crk, well timbered, partly fenced, 2WD access, 30 km (27 km tar) from Tabulam, 80

km from Casino. Abundant timber & stone for building. \$49,000. Ph: 042-966-409.

MHD NORTH COAST: Escape to your own bushland retreat, nestled in the hills adjoining a state forest; 168 ac offers 2 homes for the price of one. There's a country cottage, ideal for guests. Plus a near-new 4 b/r steel-framed homestead. The block is partially cleared, has 3 dams & perm water supply. Just 8 km from village, school & shops. Only 30 mins to Taree & beautiful Forster beaches, 3 1/2 hrs to Sydney. \$196,000. Call Ken or Graham, 065-521-622.

GLOUCESTER, 8 km from town, 10 ac, fenced, 3 dams, shed (cabin type accom), power, ph connected, s/c/stove, water tanks, fruit/nut trees, \$78,000. Ph: 043-241-909 after 5pm weekdays.

GET OUT OF THE RAT RACE: excel block for sale. 2000m² plus, level land, loam soil, town water, power & ph to the gate. Central/west slopes of NSW, 10 mins to the town of Cowra. Situated in quiet rural village of Wattamondara. \$16,950. Contact: 063-424-728.

PARADISE - NEAR EDEN on the NSW/Vic border. All natural forest, very private, plenty of water, 120 ac with long crk front, \$75,000; 100 ac with river or crk on three sides, \$80,000. Ideal for 2 or more to share. Or one person buy and have a private nat pk, or sell share-holdings and maybe end up owning your own portion for free! More info and how to find it on: 047-824-856, 047-841-020.

NORTH COAST NSW, Rileys Hill, Ballina 25 min, Evans Head 15 min, organic gardeners' delight. Two storey timber and Hardiplank home on approx 2600m² (1ac) block, all hill with good aspect, town water, power, ph, mail service and school buses. Home has 4 b/rs, lge lounge with o/fire, house needs minor renovations. National park bndry, with koalas, birdlife abounds. Can be subdivided, one cut with existing steel shed on 2nd block, could suit 2 families. Good black loam soil, no chemicals for at least 25 years. House has plenty of scope for expansion. Two min drive to Richmond River, and fresh water swimming hole, 10 min to quiet nat pk beach. Not many left like this. A piece of paradise selling for \$160,000. Ph: Russell, 066-828-383. Please leave message, will call back.

TAREE AREA - ELANDS, 250 ac timbered, some cleared, f/hold. Creek, natural spring, dams, sheds. Backs onto state forest. \$100,000. Ph: 075-242-944.

BATEMANS BAY - 10 km to PO, crk frontage, 2 quality homes, sheds, pens, paddocks, dam, fenced, all on 5 ac. Good fishing, swimming and access to Durras Lake. Private sale, \$280,000. Must sell, Ph: 044-786-055 AH, or, write: 'Alcheringa', PO Box 380, BATEMANS BAY 2536.

PROPERTY FOR SALE NEW SOUTH WALES

SCENIC BROGO, FAR SOUTH COAST, 25 ac, nth-facing, 1/2 cleared, 1/2 bush, r/forest species. Professionally built, near-new, very comfortable, energy efficient, lge 2 b/r mud brick/cedar house & adj self-cont 4 room cottage. Slate/cork & timber floors, w/in robe, w/in pantry, bathrooms & en suite, lge wrap-around deck. Slow combustion stove/water heater, off-peak HW tank, gas stove. Established organic orchard/garden, 3 dams, sheds, geese & chooks, fully fenced, 17,000 gal w/tank capacity, extensive undercover parking. Spectacular valley & mtn views, 20 min Bega, 5 min swimming/boating, 45 min beaches, school bus close. \$175,000. Ph: 064-927-386.

BATHURST AREA - 13 1/2 arable ac, new 3-4 b/r house with nth aspect. Superb views over valley, 10,000 gal tank, 2 dams, drip system to garden. \$198,000. Ph: 063-375-651.

NEAR GRAFTON, 3 b/r house on 2 ac & 8 ac common land allocated. Full council approved. House 90% finished, no power, easy access, small dam & 1000 gal tanks, good rainfall, bush environment, young f/trees. \$42,000 ONO. Ross Clemson, 066-423-844, mobile 015-257-356.

NORTHERN RIVERS, 50 ac subdivided off biodynamic cattle farm. Quiet sealed rd with bus, power, ph, 10 min village, school, 2 hrs Brisbane. Dam, crk, excel views, good soil, undulating, mainly clear. Close to r/forest, waterfalls \$50,000. Ph: 066-653-125.

FAR SOUTH COAST NSW, 100 ac, comprising (approx) 10 ac cleared river flat with perm water & irrigation licence; 60 ac gently sloped light timbered with choice of excel homesites; balanced rugged, secluded bush to nat pk bndry. Good all-weather access, council approved Colorbond machinery shed/temp residence. Highly suitable for permaculture development and/or organic production. \$95,000. Ph: 064-937-307.

NORTH COAST TWEED VALLEY, 28km Murwillumbah. Temporary living with power, ph, horse yards, cattle yards, 25x60 dressage arena, superb views, plenty of water, currently running 60 head cattle. Subdivision potential. Price reduced - \$210,000 ONO. Ph: 066-797-144, or, 067-621-289.

PINDIMAR, NORTHERN SHORE of Port Stephens, NSW central coast, 5 ac pine forestation. Approx 1 ac cleared. Eight ft c/van with 2 room Hardiplank annexe, potbelly stove, deck, new 1000 gal w/tank, solar power, garden shed converted to bath/r, LP gas hot water, septic toilet, 12x8 garden shed, stone bbq. Building permission. Comfortable weekendender, nothing to do, or build a home to capture the views of Port Stephens. \$95,000. Ph: owner, 02-997-4684.

NEW ENGLAND/INVERELL AREA, 454 ac f/hold, light bush, open grazing, power, ph, school bus, near new 4 b/r Hardiplank house, 60 f/trees, lge vegie garden or nursery, piggyery for 400+ pigs, feed shed, w/shop. Been 20 yrs here, pigs are profitable. Moved now into motel business. \$135,000 or make us an offer. Ph: 067-291-344.

GRASSIFIEDS

**DEADLINES: GR 107 - DECEMBER 19TH
GR 108 - FEBRUARY 24TH**

TAYLORS ARM, NSW, 14 ac untouched r/forest, perm crystal clear crk. \$40,000 ONO. Ph: 074-865-487.

BEGA VALLEY, SE NSW, 4.5 ha mtn views, close to ocean, towns, shops, schools, bus & on bitumen. Two hr to snowfields. Mostly native pasture, good fences, 1 dam. \$64,000 ONO. Pat Grealy, Brigadoon Caravan Park, NTH HAVEN 2443.

DORRIGO AREA, 3 b/r timber log home, s/c stove/hot water plus gas stove. Stone of fire, all mod cons plus granny flat. Spring-fed dam, f/trees, vegie & herb garden on 1/2 ac surrounded by 28 ac of crown land. School, river, waterfall, short walk. Hospital, shops etc 30 min drive. Price \$69,500. Ph: 066-578-042.

NYMBOIDA, NTH COAST, 2 storey, hexagonal, timber 3 b/r home with study on 100 ac. Sunny spacious dwelling with balcony & verandahs overlooking stunning views. Power, ph, good access, sheds, dam, well fenced, abundant organic vegie garden. Independent 1 b/r cottage. Property is 80% wooded with hoop pine, silky oaks & r/forest species, perm crk, prolific wildlife includes kangaroos, wallabies, bandicoots, possums, platypus, eagles, parrots. Pure peaceful environment within a friendly community. \$160,000. Ph: 02-319-1346.

SNOWY MOUNTAINS AREA, 586 ac, central to snowfields, trout fishing, sth coast & Canberra. Part cleared, part timbered. Three b/r veneer home. Scenic outlook, water all year. Ph: 064-524-589 AH.

INVERELL AREA, NSW, one ac facing Gwydir Hwy, building permit. \$10,000 ONO. Ph: 089-788-987.

GENERAL STORE (approved) under construction. Rustic style, 2 b/r, bathroom etc. Completed end October, Kyogle 15 min. School bus/mail to door. Five ac, crk, tranquil valley, brilliant views. Lifestyle & business. \$125,000 (some vendor finance avail). Ph: Gordon or Barbara, 066-331-283.

EMMA VILLE, NORTHERN TABLELANDS, NSW, tastefully renovated - nothing to do. Charming 3 b/r house with s/out & lovely sunroom. Heritage paint job, carpet, polished floors, etc. Many new features: beautiful timber workshop, c/port, project cubby, garden shed etc. Horticulturally correct native garden. Very pleasant views from verandah. Village has good facilities: hospital, central school, swimming pool, golf course, parks. Beautiful walks on doorstep; excel fishing, fossicking. Rates \$229 pa. \$85,000. Ph: owner, 067-347-442.

DORRIGO AREA, 25 ac r/forest, perm crystal clear stream, comfortable 1 b/r cabin, bathroom, sleeping loft, fuel stove, hot water, solar power, ph connected. Power at gate, school bus, a beautiful forest property. Priced to sell at \$63,000. Ph: 066-285-094.

WANTED - FINANCIAL PARTNER to buy half interest in 2500 ac scenic sheep farm, with

intentions to equip the property for outback holidays, horse riding, fishing, gold panning etc. Property is f/hold, on sealed road, 5 miles from a nice central NSW town. Interested parties can phone Ed on 068-925-175.

ALBURY 120 KILOMETRES, 100 ac, gentle to steep hills, 2/3 bush, 1/3 pasture. Dams, perm spring-fed crks. Building permit, levelled house site, 30 ac fenced. Spectacular snow mountain scenery. Close to Murray River, country towns. \$37,500. Ph: 03-836-9473 or 015-110-699.

QUEENSLAND

NOOSA HINTERLAND/SUNSHINE COAST, Nev Kane Real Estate Cooroy. If you want to buy or sell in the hinterland give us a call. All enq welcome. Contact Gwen Morton on 074-476-988, AH 074-854-291 or 015-130-432.

COUNTRY LIVING, MARYVALE, SE Qld, investment 1/4 ac block, near school & shops. Realistically priced at \$11,000. Ph: 076-282-1801 AH.

HEARTBROKEN HUBBY, wife absconded with hired help, farmer must sell Qld 28 ac small crops farm, with relocatable home, grow anything soil, fenced, perm crk, bore, picturesque valley setting, power avail, a little dream. \$46,000. Ph: agent, 071-531-825.

WANT PARADISE? Try this: almost 1 ac, absolute beachfront with solid comfy cabin, glistening sandy beach, magnif views. Special lease. \$29,000. Full details ph: agent, 071-531-825.

BUSH LOVERS' RETREAT, bush block Bauple, 1 1/2 ac, 50 km Maryborough, Gympie. Adjoins Bauple State Forest. Cleared site for building with 20x14 shed (temp dwelling). Land suitable for growing f/trees, vegies, anything! Plenty of timber trees, grass, crk thru with perm water. Post office 8 km, store, school. Mains power avail. \$19,500. Write to: JParker, PO Box 268, BOMBALA 2632.

FOUR BEDROOM HOME, 20 ac, fully fenced, power, ph, 2x5000 gal r/water, lge dam with 5 HP pump. New carpet t/out. Double l/up garage, sep w/shop & c/port. Photos avail on request. \$95,000 ONO. Ph: 076-954-287.

COOMINYA, 10 ac, 2 dams, partly fenced, 30 min Ipswich. \$36,000 ONO. Ph: 074-091-458.

TWO BEDROOM HOUSE, highset, wood combustion heater on 1 1/2 ac, deep black soil. Bore water, pump & tank, 5000 gal cement r/water tank & 30x18 shed. Close to river. Will send photo. Ph: 018-736-254. Or write: M/S 550, 'Little Coopers', COLINTON 4306.

MOUNT NEURAM, 1 hr Brisbane, 21 ac grazing prop, cattle yards, perm springs, wallabies seen daily. Lantana, kikuyu, couch grass, 11,000 gal r/water. Eleven yr old house on slab, tiled floors, 1 km off bitumen, 20 min Woodford or Kilcoy, septic, woodstove, elec stove, fridge, w/in pantry, mtn views, ghost gums, grey gums, school bus, 3 phase power. Marriage breakdown forces sale. \$115,000 ONO. Ph: owner, 072-656-415.

**Make Your Editor Smile -
Punctuate!**

PROPERTY FOR SALE QUEENSLAND

MORETON BAY, SE Qld, 2½ yr old 3 b/r home at Russell Island, on house block. Open plan, cathedral ceilings, polished floors, car accom & w/shop, water & rural views, walk shops, jetty, school, 15 min ferry mainland, then ½ hr Brisbane. Ideal retirees, family. \$79,500 ONO. Ph: 074-091-636.

MOUNTAIN AT BACK DOOR. Renovated highset Queenslander with sundeck at rear, 42 ac, numerous f/trees, dam & crk. Solitude and views, 5 min to town on bitumen rd. \$160,000 Ph: Barretts RE, TIARO, 071-292-380; AH, Karen, 071-292-193.

PLATYPUS ABOUND in the perm crk bordering this 40 ac timbered property. Double storey almost new timber home. Anxious vendor has already reduced price by \$15,000 to \$120,000. Ph: Barretts RE, TIARO 071-292-380; AH, Karen, 071-292-193.

SOUTH-EAST QUEENSLAND, 5 ac with planning permission for nursery. Four b/r, 2 bath/r brick home, estab gardens, 3 megalitre dam, stock bore, lge shed, 2 ac cultivation. Beaudesert 15 min, Brisbane 1 hr. \$165,000. Adjacent 5 ac also avail. Ph: 075-431-194.

FLOOD-FREE 2.5 ac lots, power, ph, school bus, minutes to boat ramp & town, \$28-30,000. One and a half ac riverfront flood-free homesite, \$75,000. Five ac lots, town water, power, ph, \$40,000 each. Quarter ac town lots, power, water, walk to school, \$17,500 to \$23,000. As new 4 b/r brick home, 1.25 town ac location, \$105,000. Flood-free 5 ac lot, no power yet, \$23,000. Six ac flood-free, bore, dam, estab vegie gardens, solar, \$78,000. We do not have budding beef baron, lost hidden valley, or gold at your back door type properties, only a wide range of affordable, good quality acreage homes and homesites in a quiet friendly country town 30 min to Hervey Bay and Maryborough. Contact Howard and District RE for a comprehensive listing of our properties: 63 Steley St, HOWARD 4659. Ph: 071-294-904, Bob & Helene. AH 071-294-209.

NAMBOUR, FIVE ACRES in town (3 ac r/forest), crk, deep dam, irrigation, 3 phase power. Fenced for cattle, f/trees bearing, vegie garden, chook pens, pig sty. Modern 3b/r house on rendered concrete block, cathedral ceilings, verandahs, elec/gas kitchen, 11,000 gal r/water (run auto wm, dw year round). Garage, w/shop, 2 rooms under. Private sale, no agents, want quick sale. \$155,000. Ph: 074-414-158.

TWO FERTILE ACRES in the Widgee Valley 22 km west of Gympie. Beautifully renovated lge 3 b/r highset house, includes many quality extras. Short walk to school & shops. Large dam, organic, producing vegie gardens, deluxe chicken house. Animal-proof fencing. \$110,000. Ph: 074-840-278.

COOCHIEMUDLO ISLAND. Not selling anything! Have just placed notice making like-minded people aware of Island. Population: 450, countrified. Subtropics, grow anything. Near Brisbane. Questions via stamped envelope: John Danecki, PO COOCHIEMUDLO ISLAND 4184.

GRASSIFIEDS

PLACING AN AD?

See page 68 for details

SOUTH-EAST QUEENSLAND, 20 ac, renovated timber home, modern kitchen plus Everhot s/c/stove. Mains elec, pleasant verandah views. Established organic fruit/nut orchard, lge variety, 60+ trees/vines – dripper irrigation, vegie garden. Permanent crk, pump, dam, sheds, tractor, implements, 5 ac fertile loam soil, remainder treed bushland. School bus 350 metres, Laidley 10 min. Secluded, healthy environment, private. \$105,000. Graham Conway, M/S 204 LAIDLEY 4341. Home, 074-664-258; work, 076-358-888.

LARGE MUD BRICK, 200m², 4 b/r, verandahs on 3 sides, elec, ph, septic, s/c and gas stove, 10,000 gal r/w/tank, a/ground pool, work shed, 40 ac fenced in 4 paddocks, yards, out-buildings, dam, garden, f/trees, chookruns, school bus passes property, 40 km Kingaroy. \$150,000. Ph: 071-641-179, or write: I Seelig, MS 612, KINGAROY 4610.

GREENBANK, NINE ACRES, hobby farm, fully fenced, 100 f/trees, 3 b/r home, huge lounge. Log fire, modern kitchen, excellently priced at \$149,000. Half hr Brisbane. Ph: 07-297-5938.

BUSH RETREAT NEAR TARA, Qld, 30 ac block, 2 lge cabins, totally solar powered, septic, ph, just move in. Great value. Ph: owner, 098-871-165.

TARA AREA, 25 ac. Alternative living community. \$11,000 ONO. Ph: 03-836-9473 or 015-110-699.

FORTY ACRE BUSH BLOCK, close to coast, Rosedale area – good high block located at 50 Matchbox Rd, PARADISE WATERS. \$40,000. Ph: WA, 091-881-188.

FORTY ACRE FARM, partly cleared, 7 yr old, 3 b/r home. Cupboards & pantry built-in, gas & wood stoves, gas fridge. Generator, solar lighting & house power. Double garage & car ports cemented, 3x15,000 gal cement tanks, water pumps, tractor, saw bench, sasher, 3 dams. All included. \$107,500. M/S 612, Celler Road, KINGAROY 4610. Ph: 071-641-136.

PARADISE IN FNQ – 100 ac, great views, river frontage, partly cleared, remainder r/forest. Power & ph connected. 5000 gal w/tank & perm springs. House site levelled, ready to build. Plans passed by Council for pioneer builder designed loft house. Reluctantly must part with this beautiful tranquil property. \$165,000. All offers considered. Ph: Jill, 015-630-525.

NORTH QLD WALSH RIVER 15 km from Herberton, 7½ ac river frontage. Two b/r cottage, solar, elec avail. \$100,000. Ph: 070-962-306.

TULLY HEADS, b/wen Cairns & Townsville. This tropical home boasts wide verandas & spacious living upstairs, rumpus room & second bathroom downstairs. Being opposite the beach, views of the many accessible islands are apparent, with boat ramps giving easy access to Dunk & Bedarra + many other islands. Only \$145,000. Ph: Annie or Bob, 070-550-184, or Julie, 070-682-610.

TROPICAL BEACH FRONT – Hull Heads b/w Cairns & Townsville, lge comfortable home with spacious ground floor granny flat. Ample car & boat accom. Minutes to Dunk & Bedarra Islands with The Family Group & Hinchinbrook all accessible from excel boat ramps nearby. Only \$185,000. Ph: Bob or Annie, 070-550-184, or Julie, 070-682-610.

GRASS ROOTS BARGAIN: If you're a genuine GR-person, this property is definitely you. 100% organic gardens, pole-framed 3 b/r home, solar power. \$86,000. Ph: 076-653-695.

VICTORIA

GIPPSLAND, BRIAGOLONG, mud brick 24 sq house, on 5 ac. Designer, owner-built, 2½ km from town. SEC, 5 b/r, loft, sunroom, spa bath, patio, artistic features, leadlight. Tank water, dams, beautiful garden. Spectacular mtv views, swimming pool. \$140,000 ONO. Ph: 051-455-558.

LINTON WESTERN VICTORIA, well finished 26 sq mud brick house (incl 8 sq self-cont retreat) on 27 secluded bush ac, 5 min shops/school/services, 30 min Ballarat, 1¼ hr Melbourne. Solar/generator, 3 dams, estab f/trees/gardens, sheds, tractor, implements, gold pans. Abundant wildlife. \$150,000 but all offers considered. Ph: Jacky, 053-447-247, or 053-314-107.

BALLARAT AREA, SW, picturesque views, 10 ac, western red open living, lge kitchen, 2 b/r house, sheds, sml dam, fenced, trees plus paddock, generator power, suit horses, many extras, near town with facilities. \$78,000. Ph: 053-447-251.

TANTALISINGLY DIFFERENT. Hobby farm, 189 ac (80 ha), cattle country, Stoneyford (beyond Colac). Snug 4 b/r stone home, SEC, ph, partly cleared. Productive f/trees, lge hayshed, internal fencing, shared bore, cut firewood. Koalas, kangaroos, echidnas. Still plenty of untapped challenge. \$135,000. Ph: owner, 052-351-252.

COSY LITTLE RUSTIC mud brick & timber home, wood fires, solar lighting, gas fridge. Outside compost toilet, rambling garden, trees, birds, wildlife, hen runs, tanks, dams, garden sheds. Established organic orchard, fenced, irrigated. All on a 5 ac, 99 year lease on Sunrise Farm, East Gippsland. \$50,000. Ph: 051-550-276.

MURTOA, NORTH-WEST VIC, 25 square 4 b/r home on 2½ ac. Modern kitchen & bath/r, study, poultry shed 4x2.5m, 2 utility sheds, 18 tree orchard, nth aspect. Excellent town services. Some existing native trees & shrubs, 50 new plantings. A permaculturist's delight. \$89,000. Further info ph: 053-852-421.

BRIGHT LITTLE HOME on big corner block beside Ararat showgrounds. \$36,500. Details posted. Ph: 053-525-636.

MUD BRICK HOUSE, 3 b/r passive solar on 46 ac bush with stunning views across West Gippsland. Live with the lyrebirds! \$120,000. Ph: 03-481-5889.

*Please print your ad clearly
so we can do likewise.*

GRASSIFIEDS

PROPERTY FOR SALE VICTORIA

COROP MIDWAY BETWEEN BENDIGO & Shepparton, 30 min Echuca. In attractive lakes area on 1/2 ac treed block, well maintained 2 b/r house, water, SEC, ph, septic, double garage. \$62,000. Ph: 052-571-780.

YARRA GLEN, 3-4 b/r home, baltic pine lining, o/fire, built in 1916 on gently sloping 1/2ac. Sealed rds front & rear. Subdivision potential. Established native garden, organic f/trees, vegies & herbs. Carport, garden shed and chook yard. Views to Christmas Hills and Great Dividing Range. Walk to met system bus, shops and primary school. Melbourne ph area, 40 km NE of Melbourne. \$90,000. Ph: Fiona & Stephen, 03-730-1744. PO Box 421, YARRA GLEN 3775. 101 SELF-SUFFICIENT ACRES! 360° mtn views. Close to Grampians and Ararat. Fully fenced, dam, crk, garden, f/trees, irrigation system, 20,000 gal tank (full), sheds, 20x40 garage with guest room and laundry. Huge automatic generator runs entire house. Sacrificed for \$143,000. Ph: owner, 015-364-270, or 053-521-370.

DEAR GR READERS, here is a good chance to purchase land that offers so much. Clean running water, small pockets of semi-r/forest areas, an abundance of wildlife and surrounded by state forest. This property is 40 min from Bairnsdale on the beautiful headwaters of the Nicholson River. For the past 11 yrs the Nicholson River Co-Op has developed into a diverse community with strong environmental values. I have built a mud brick/cedar home which is solar powered and has generator backup. There is a small house orchard and a further 250 cherry trees approaching cropping. Due to work commitments my family and I are forced to leave the area and are looking for like-minded people, who could enjoy the lifestyle that this property offers. Price \$90,000 ONO. If anyone has any enquiries please contact Ray Dale, PO Box 725, BAIRNSDALE 3875. Ph: 051-564-275.

ELMHURST, 23 ACRES, Pyrenees Ranges, plenty grass, water, 3 b/r home. No water/SEC bills. Abundant wildlife, alternative lifestyle. \$75,000. Ph: 053-537-386.

TASMANIA

FOREST REFUGE TASMANIA, 200 ac for \$1000, unique opport, mixed wet forest, mtn streams, lots of wildlife, peaceful & refreshing. Join other common landholders in making a real contribution to the environment. Help protect, enjoy, participate in stopping destruction of the few beautiful places we still have left. One hr Hobart. Ph: 002-881-193 AH.

COLLINSVALE: sml village 20 min from Hobart GPO - 2 b/r house, pine-lined, open plan living. Set on 2.5 ac with perm crk, magnif bush & mtn views. Cottage garden and some f/trees. Storage shed & 7 coloured sheep incl. \$87,000 ONO. Ph: 002-390-121.

COME ON DOWN, the price is right!! Five b/r brick, 7 1/2 ac organic lush pasture suit all stock, grow anything, perm water, many out-buildings. Half km school bus, boat moorings, 40

**DEADLINES: GR 107 - DECEMBER 19TH
GR 108 - FEBRUARY 24TH**

mins Hobart. Stunning D'Entracasteaux Channel views. Private sale. \$138,000 ONO. Ph: 002-921-729, or 002-438-320.

CRADLE MOUNTAIN AREA, rare 100 ac of beautiful subalpine r/forest/woodland/grassland neighbouring World Heritage area. Two crks, main rd frontage, power/ph on bndry. Spectacular mtn views. \$49,000 ONO. Ph: Rory on 004-734-171, or 004-921-398. Or write to: Rory Hannan, Daisy Dell, CRADLE MOUNTAIN 7306.

COTTAGE, THREE BEDROOM weatherboard, lots of old world charm, in northern Tas near Deloraine. Rare 2 ac in peaceful rural surrounds, incredible views. School bus, gravity-fed spring water. \$64,000 ONO. Ph: 003-695-302. J Christie, C/- Post Office, MEANDER 7304.

PRIVATE VALLEY, ideal for permaculture, 50 fertile ac, 5 km from shop, main rd. Surrounded (4 sides) by 6000 ac beautiful state forest. Facing nth, sunny, wind protected, with perm crk. Chemical-free for over 15 yrs. Access OK, trees and man-ferns everywhere. NW Tas, 20 miles west of Burnie airport. \$30,000 ONO. Ph: Ben, 002-232-768.

EAST COAST, PEACEFUL and picturesque. Early settler's cottage on 32 ac, some pasture, mainly bush. Bounded by perm unpolluted river with good swimming holes. Very private, 30 min Coles Bay, 10 min hwy, school bus etc. Slow combustion stove, plenty firewood, big w/shop, chook shed, lge irrigated animal-proof enclosure with vegies & variety of 24 f/trees. \$80,000. Also, adjoining 66 ac block, similar terrain, 450 metres to river, good house site, dam, easy access. \$35,000. Ph: owner, 002-578-258.

SECLUDED PROPERTY, TAKONE, 15 min to the coast, 43 ac, incl r/forest, river & dam. Twenty arable ac, sealed road, school buses. Twenty sq brick/timber solar house, 7 sq shed with studio. Three b/r, study, two bathrooms, family room & formal lounge room. Lined with native timbers. \$190,000 ONO. Video avail \$5. Ph: 004-384-137.

SOUTHERN TASMANIA: 3 1/2 ac, bush block, power, ph, building permit. Magnificent views, straight down the Huon River. Certified organic. \$32,000. Ph: 002-971-773.

SOUTHESK RIVER - UPPER ESK, 35 magnif small holdings. Just under an hour from Launceston & the airport, is a beautiful valley through which meanders the upper reaches of the South Esk River. The tall timbers of the forests & plantations which embrace the boundaries of this area, provide a haven for deer & other flora & fauna, whilst the cool mountain waters abound with trout. If your interests are also bushwalking, riding or just enjoying the peace & quiet, this area of natural beauty may offer you the idyllic spot you have been looking for at an affordable cost. Enquire early & choose one of these exquisite blocks ranging from 2065 square metres (1/2 ac) to

38.9 hec (96 ac). River or crk frontage, bush, pasture, main rd access or more isolated, there is probably something to suit you. Tenders close 16th February, 1995. Harrison Humphreys Pty Ltd, 48 Brisbane St, LAUNCESTON. Ph: 003-341-155. AH Hugh Mactier, 003-448-237.

TASMANIA NĒ, almost 5 ac, mostly pasture, some bush, perm crk, great aspect, views over coast, good house site, access, close main rd. \$27,000. Ph: 059-684-582.

SOUTH AUSTRALIA

OWEN, THREE ACRES, 3-4 b/r t/f home, verandah, 30x20' garage, tanks, pony paddock, fenced, power, ph, town water. \$85,000. Or, swap larger property in SA, Vic. Ph: 085-286-260, or 083-652-462 message.

OB FLAT NEAR MT GAMBIER, 3 b/r limestone home, tiled roof, r/water 9500 gal. Handyman w/shop rear, double c/port front. Large w/shop - 9x11x3m, 3 phase power, 30 ac volcanic soil. \$175,000. Ph: 087-268-329. Write: RG Pritchard, Box 976, MT GAMBIER 5290.

COMMUNITIES

NORTHCLIFFE MULTIPLE OCCUPANCY, idyllic secluded 300 ac Karri trees, 1/2 km river frontage with trout & marron, bordered by D'Entracasteaux Nat Pk. Large lagoon and perm streams, 5 km from beach. Two shares avail - 6 gone. \$50,000 ea. PO Box 31, DARLINGTON, WA 6070.

ONE-SEVENTH SHARE, 587 forested ac. Share bounded by r/forest, and perm crk (swimming holes), 2 b/r house, solar power & HW, Rayburn stove. Sixty f/trees, volcanic soil, 50 min Wauchope, no cats, environmentally conscious. \$30,000 terms avail. Ph: 02-874-328, or write: C/- PO, LONGLAT 2446.

NIMBIN 6 km, comfortable 2-3 b/r house, garage 6x8m, adj Nat Pk, 12/240V, 2 ac homestead, 1/36 share, \$75,000 ONO. Ph: 066-895-035.

MILLAA MILLAA, unfinished project. Cosy 2 b/r steel framed cottage, lined & insulated. Situated in r/forest setting, 100 m from melodic crk. Large gas fridge, heater, hot water, generator. \$49,500 inc share. Further details 074-416-081.

CRYSTAL WATERS PERMACULTURE VILLAGE, 1 ac f/hold land & houses avail on this growing rural Group Title development, 500 ac of forested & arable common land for sustainable uses. Contact: K Spencer, 24 Crystal Waters, MS 16, MALENY 4552. Ph: 074-944-725. **KOOKABURRA PARK ECO-VILLAGE,** stage one sold out, 2nd stage selling fast. Freehold title to your lot plus 360 ac owned in common. Underground services. Community hall and village lot, 20 ac agricultural area, 2.5 km to town, schools, shops. Newsletter avail. For more info ph: 071-531-303, or write to: Lot 3 Kookaburra Park, MS 368, GIN GIN 4671.

**To avoid disappointment ensure
your ad meets our deadline**

GRASSIFIEDS

COMMUNITIES

LILLIFIELD COMMUNITY, 330 ac beautiful forested land in hills between Lismore & Murwillumbah, 20 min from Nimbin & 1 hr from coast, council approved MO. The land is owned by an incorporated company but each member has shares giving entitlement to about 5 ac for private use. Members also share 120 ac common land and use of a tractor and other facilities. There are a few shares avail, mostly untouched sites. Price is from \$19,300. A Steiner School adjoins the property, a sml public school is 5 km away, with a bus at the property gate. Cats & dogs are not permitted. Please write: Lillifield, LILLIAN ROCK 2474, or ph: 066-897-394, or 897-397.

TEN ACRES NORTHERN NSW, Black Horse Creek via Kyogle, 1/2 share on 950 ac. Creek frontage, 50+ f/trees, 20x30ft shed/verandah, 2000+1000 gal tanks, chook run. Wildlife reserve 750 ac, regenerating forest, beautiful valley views. Friendly community, school run, bus nearby to town. \$30,000. Ph: 073-438-359, or 072-541-884.

MEBBIN ROCKS, 15 min from Nimbin, 45 min from Murwillumbah, the coast, and Lismore. Three acres, 1/17 share on Company Title, homesite, c/van, w/tank, dam, magnif views of Mt Warning. Ph: 073-569-530.

LAST ONE-FIFTH SHARE on a 3 year old M/O, environmentally friendly community, on a beautiful 422 ac property in a valley bordering onto state forest, 45km to Coffs Harbour, 12km to sml town, school bus in front. Share includes use of mud brick community house, tractor, ph, solar power plus other implements. Water no problem. Five ac private housesite can be picked by choice. Approx \$37,000. Ph: 066-492-202.

WEST OF MARYBOROUGH QLD. For sale - 80 km W of Maryborough, 10 ac (2 shares) Utopia Environment Reserve. The shares entitle: exclusive use of 10 ac; fenced with 1 lge and 1 sml dam; 2 fenced gardens with range of f/trees, hoop pines and ornamentals; 3 tanks for gardening purposes - pipes laid; 2 buildings - 1 uncompleted mud brick, lge space with tanks to building, needs a handyman type to complete it; 2nd building all ready to move into - basic shed with mud brick room attached. Asking \$20,000 will consider \$18,000 for fast sale & because garden needs a cleanup. Can send photos but considering present drought the pictures could be misleading, better to come & see. Contact: Belinda Lawrie, 071-299-206. Innooroolabah, C/- Post Office, BROOWEENA 4620.

CENTREPOINT COMMUNITY, NEW ZEALAND, presents a summer of opportunity. Workshops as well as community life and work experience. Contact: Hazel, PO Box 35, Albany, NEW ZEALAND. Ph: 09-415-9468. Fax: 09-415-8471.

UNDEVELOPED SHARE, (1/25) in 1000 ac. Machinery shed, council approved MO, seclusion, lovely views, ph avail but not connected, 4WD access, 1 1/2 hrs Byron Bay \$45,000. T Brennan, Whites Rd, KYOGLE 2474. Serious enquiries only.

ESTABLISHED MULTIPLE OCCUPANCY,

PLACING AN AD? See page 68 for details

17 x 3 ac shares, 150 ac. All-weather rds, dams, perm crks, volcanic soil, forest. Situated Kyogle-Murwillumbah Rd, in the Mt Warning crater. Borders Mebbin State Forest. Use of common land, tractor, community house. \$22,000. Ph: 066-822-706.

PALMVIEW HAMLET, 15 ac subtropical r/forest, perm crk frontage, rock pools, stags, ferns, millable timber, all-weather gravel access rd, 2 ac cleared, 2 b/r spacious timbered home, HWS, solar power, gas fridge/stove. Bordered by World Heritage nat pks, 1 hr from Gold Coast. Price \$79,500. Ph: 066-793-129.

FIVE ACRE, 1/16 share beside boulder-strewn crk on council approved community bordering Nightcap Nat Pk and magnif r/forest, 11 km from Nimbin. Frost-free, deep rich soil, good balance forest/cleared. Permanent reticulated water. All-weather access, 18x7m steel framed building on concrete slab, just add walls to make a house! Bus to Steiner and other schools. \$38,000. Ph: 066-897-419.

LAND, LAND, LAND, chance of a lifetime. Fertile, all-weather rd, elec, share rights 220 ac common, Torrens Title. One 1/2 ac block, \$2500. Six 1/2 ac block holdings, \$3950 per block ONO. Eight 1/2 ac block holdings, \$3950 per block ONO. Location - Moama/Echuca region. Within bndry of the village of Womboota NSW. Allan Hadfield, 42 Maden St, EAST HENTY 2658.

SUNSHINE COAST, YANDINA, QLD, 9 ac share in 320 ac bushland multiple occupancy. Starlight Community Pty Ltd, est 1972. Adjoins state forest - upper catchment Maroochy River. Solid timber dwelling, solar power, gas stove & HWS, 5000 gal r/water, septic system, studio & shed. Well laid out permaculture systems include: productive vegie & herb gardens, orchard, fowl & geese runs, efficient composting, dam & many other habitat plantings. Two ac cultivated, surrounded by natural forest. Enjoy a tranquil atmosphere only 20 min from Noosa/Maroochy, 1 hr Brisbane. One owner 18 yrs. Chemical-free 25 yrs +. Info brochure avail. Price: \$110,000. Ph: Barbara Benham, 074-468-097, or, PO Box 225, Yandina, Qld. 4561.

BUSINESSES FOR SALE

TASSIE'S NORTH-EAST COAST. Situated at St Helens, a live-in wrecking business on 2 ac industrial block, fully fenced. Two b/r, living area, office, parts shed and well equipped w/ shop, 3 bays and pit. Licenced '82 Isuzu towtruck, extensive stock. Freehold at \$97,000. Cash buyer only. Ph: Suncoast Wreckers, 003-761-651.

TERANIA RAINFOREST NURSERY. Plant nursery specialising in Australian r/forest plants, estab for 18 yrs with Australia-wide regular customers. Booming business with plenty of scope for expansion and innovation. Ideologically-sound income with many tax concessions. Contact Nan or Hugh for more de-

tails. Ph: 066-886-204. Fax: 066-886-227.

TEAHOUSE/GALLERY for sale in small town one hour sth of Hobart. Federation building, good lease incl equip. Reasonable rent incl one b/r flat on large fertile block. Diverse income from established eatery/art/craft/books/clothing etc. Local & tourist trade. Price \$30,000. Enq: The Queens Inn, GEEVESTON, TAS 7116. Ph: 002-971-834, or 002-664-185.

LOOKING FOR A CHANGE OF LIFESTYLE? For sale: Alternative book/gift shop in the heart of CBD, Bendigo. Owner retiring & selling for SAV & fixtures only. Ph: 054-432-980 BH.

PROPERTY WANTED

WANTED TO BUY - 10-25 ac around Gin Gin (Qld). Write: Terri, 1/66 Court Rd, NAMBOUR 4560.

THREE TO TEN ACRES within 30 km of Wodonga. Contact Maree or David, 060-563-653.

SOUTH AUSTRALIA, 30 ac upward, need water/shelter, optional power. Don't need ph, TV, traffic, mining, industry, chemicals, etc. 50-60 km from small-medium community would be great. \$15,000 cash. Be in Adelaide Christmas/New Year. Ph: 091-441-693 WA.

FIVE ACRES, SECLUDED, approx 12 hrs to city. Road, water, shops, power, school. 6 Wright St, DEVONPORT 7310. Lyn, 018-146-937 weekend.

VENDOR FINANCE NEEDED, artistic couple looking for 5 ac plus property, SA, Vic, or NSW. Must have good living area, ample studio or shedding near house, electricity, own water supply. Rainforest or heavily wooded & undulating to mountainous. Please send info (& photos or video) ASAP to: DW & SB, 28 Hudson Ave, ROSTREVOR, SA 5073 or, ph: 08-336-6756 for more info.

FOR RENT

FOR LEASE, HOBBY FARM, organic certified, secluded valley near Bega, well maintained vegie garden, poultry, orchard, cottage, workshop/garage, solar/gas powered. Opportunity to taste alternative lifestyle. \$100 pw. References essen. Ph: 064-940-178.

LONG-TERM FREE accommodation avail on an organic scenic farm in northern NSW. We need some extra help at times around the property. Do you like the idea of self-sufficiency, are you a self-starter, n/s, n/d, animal loving, tree loving person/s? Plenty of room for planting vegies. Mechanically minded, handyperson an advantage. Caravan avail &/or BYO. This is the opport you've been waiting for. Call 066-493-015.

TRUSTWORTHY, SHARING PERSON/S required to occupy lge, c/van on Hunter Valley bush block, in exchange for assistance or small rent. Sharing house with 2 others, veg, n/s preferred. Ph: 049-382-036.

BEAUFORT, 30 min Ballarat, \$50 pw. Cosy cottage, 1 b/r, small garden. Pleasant, healthy country village lifestyle. All conveniences within 5 min walk. Suit reasonably active pensioner willing to do light maintenance. Must be clean, honest & responsible. Write: 24 Lawrence St, BEAUFORT 3373.

GRASSIFIEDS

WANTED TO RENT

LOW-COST HOME, 3 months plus. Mid December, 2 mature ladies, refs, E coast Tasmania. Have obedient dog. Ph: 070-930-417, reverse charge. Janet. Will caretake.

THREE-FOUR BEDROOM HOUSE with sheds on acreage for family of 4, pref northern NSW or will consider other areas or vendor terms. Wanted late Dec early Jan, close access to school. Please ring R/C 080-454-238.

MATURE COUPLE (teacher/writer) seek to rent/ caretake/whatever island/coastal property on long-term basis. No kids, no pets, no drugs. Responsible & experienced in isolated living. Will consider basic conditions. Must be quiet & private. Ph: 070-972-408. R&J (GR 106), C/- PO Box 242, EUROA 3666.

NEED COTTAGE ON ACRES, responsible caretaker, keen gardener, New England area, for April 1995, close to bus service. PO Box 1199 BATEMANS BAY 2536.

HOUSE (LIVABLE) WANTED on acreage to rent/caretake anywhere in nth Qld, will maintain, repair. For 2 honest, needy pensioners. Write: G Arrowsmith, C/- PO HERBERTON 4872.

QUIET CAMPING SITES on private acreages, esp Christmas school holidays. Cooler areas - Ingham, Tablelands. Mature semi-disabled lady, with caravan, recovering from long illness. Need solitude; clean, large, swimming hole. References. Reply ASAP: Miss Michelle, PO Box 95, NOOSA VILLE 4566.

LADY, FORTY-ONE, daughter 15, need accom close to Sussex St, Sydney, for 1 year, 1995. Will be studying full time, are quiet country folk, n/s. Sophia (GR 106) C/- PO Box 242 EUROA 3666. SOON-TO-BE-WEDS, require pleasant & private rented accom from early February. Waterfall, Heathcote or similar areas. Prefer maximum \$135 pw. Contact: Lisa Barnett, 16 Church Rd, MOSS VALE, 2577. Ph: 048-691-777.

WANTED TO RENT, Warrnambool area, farmhouse/house with shed or large workshop. Preferably school bus route, within 1/2 hour of W'bool. Family of 3, both professional people + 2 dogs. Ph: 050-237-438. PO Box 1128, MILDURA 3502.

RENTAL/CARETAKING REQUIRED by Seventh Day Sabbath keepers. Refs avail. Christian (GR106), C/- PO Box 242 EUROA 3666.

BELLINGEN DISTRICT, 2 b/r house to rent for couple having their first child, due in May/June. Love to be settled by then. Please contact Angie & Dave. Ph: 057-298-288.

HOUSE TO RENT/SWAP, Melbourne businessman facing burn-out wants to live in Byron/Nimbin/Ballina area during 1995, to trial the lifestyle. Seeks excellent location & comfortable, interesting house, preferably on an acre or two. Will pay up to \$750 weekly, or could consider 9-12 month swap for my large Brighton house with beautiful gardens, tennis court, pool. Ph: George Lewin, 03-593-1080, 584-6977.

WANTED TO RENT, farmhouse/cottage, Nimbin/Kyogle area, alternative couple, refs avail. Please contact: Darren Ferguson, 6 Thompson St, Long Gully, BENDIGO, 3550.

DEADLINES: GR 107 - DECEMBER 19TH
GR 108 - FEBRUARY 24TH

WANTED

NATIVE PLANT MATERIALS. Wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Large quantities preferred. Good prices plus freight paid. Contact: Peter Hunt, PO Box 53, NORTHCOTE 3070. Ph: 03-482-2677.

ACTIVIST SEEKS PARTNER/helper to start Neem Network in Australia & overseas. Write: Dryland Red Project, PO Box 1166, CHARTERS TOWERS 4820.

I WOULD LIKE TO HEAR from anybody making products (particularly different things) from recycled materials. Please write to me: J Phillips, 111 Trafalgar St, ANNANDALE, NSW 2038. CARETAKER NEEDED by Moora Moora Community at Mt Toolbewong, near Healesville, 75 km from Melbourne. This position would suit a person or couple who are looking for a long-term home on a community in exchange light duties. The duties would include cleaning, welcoming, visitors, telephone answering & other duties for approx 10 hrs per week. Must be able to work with & enjoy the company of others. No cats or dogs. Please apply to: Works Coordinator, PO Box 214 HEALESVILLE 3777. All applicants will receive an invitation to visit.

HELPER FOR ORGANIC FARM. Own income essent. Own c/van if poss. Farm produce & accom return for some work. Ph: 067-363-007, or write: Farmer, PO Box 295, TENTERFIELD 2372.

RECIPES FOR MAKING SOAP using herbs & oils etc. Christine, 37 Endeavour Pde, LAPEROUSE, NSW 2036.

HONEST, CARING PERSON/S to care for pets for 6 months from mid Feb 95. Free accom on acreage. Perm Creek. Qld. Ph: 079-583-334.

PERSON/S REQUIRED to assist family on 22 ac, isolated East Gippsland property in return for keep. Keen interest in bush, sustainable agriculture & shoestrapping building necessary. Ph: 051-573-262 (Sun only).

ARTS WORKSHOP GALLERY proposed for Mansfield, Vic area. Will require teaching artists, enthusiastic students, managing body & donor funds. Will work in co-operation with other local groups/teaching institutions. Expressions of interest to: Dianne Pauli & Brian Langevad, RMB 1030 Howes Creek Rd, MANSFIELD 3722. Ph: 057-791-221, evenings.

DO CARE IS A COMMUNITY ORGANISATION, operating in the metropolitan area of Melbourne, providing support for people over 60 years of age living independently, who feel a sense of isolation. We link people in the programme with a volunteer visitor who visits weekly to offer & receive friendship. If you would like to participate as a volunteer visitor or to have more info about the programme contact: Cherry Axel, Do Care, 148 Lonsdale St, MELBOURNE 3000. Ph: 03-662-2044.

Make Your Editor Smile -
Punctuate!

MISCELLANEOUS

COONOOON - GIBBER wood heaters. Will burn for days w/out going out and heat large areas. \$375 freight-free to your door. No assembly required. For more info: Dave, 14 Sixth Ave, CHELTENHAM 5014.

THE HOMEBUILT DYNAMO (construction plans). Brushless electric generator, 1000 watt DC at 740 RPM. A\$85 postpaid airmail from: Al Forbes, Box 3919-GR, AUCKLAND, New Zealand. Ph: 0011-649-818-8967 anytime. Philips Ferroxdure rotor magnets (3700 gauss) kit now avail cut to size and magnetised.

CHIP HEATERS. No elec needed for instant hot water, operates from town or tank water supply. Enq: Ray Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph: 060-263-621.

NATURAL SKIN CARE: Soaps, creams, salves, using Australian botanicals. Handmade scented candles. Resellers welcome. SAE to: Forest Edge, 242 Albert St, MARYBOROUGH 4650.

THE WORLD'S BEST AUTOMATIC MOUSETRAP. No poison or bait needed, catch up to 20 mice each setting, rugged metal construction, simple to set by winding spring. Priced at \$45 + \$5 postage anywhere in Australia. RA Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph 060-263-621.

FLOTATION TANK, tradesman built, timber & fibreglass, 8x5ft. \$1000 ONO. Ph: 044-743-224.

POSTAL READINGS avail. Photo required, returned. For further info contact: Barbara, 08-262-4223.

EVENSTAR CREATIONS presents: The Books: *Natural Healing Skills for Well Being* - \$9.95 plus \$1.50 p&p. *Crystals for Transformation, Healing & Spiritual Growth* - description of 41 crystals & gems, ways to use for healing, the environment, planetary, activation & lightwork & merging with the light body - \$7.90 & 0.95cp&p. *Evenstar Mandalas Gateways to the Divine. Self* - a set of twelve for \$23 plus \$1.50 p&p. *Activation of the Twelve Chakra System* - \$19.90 plus \$1.50. Order direct or send for free catalogue to: Evenstar Creations, PO Box 46, KIN KIN, 4571. Ph: 074-867-138. Wholesale enq welcome.

PRESERVING BOTTLES and 2 kits, complete, plus 115 bottles all different sizes, & lids & rubbers. Must sell - \$250 the lot. Ph: 070-966-030 AH.

DYNAMO, designed for use with low speed wind rotor, water turbine or steam engine. Output 1000 watts, 36 volt at 740 RPM. \$950 ONO. Ph: 08-264-0297.

MUDBRICKS - 15"x10"x5" from 75c. Tested to 4.1 Other sizes avail. Hipwell Mudbricks, AXEDALE 3551. Ph: 054-336-370.

POLLUTION AND OIL SPILLAGE barriers, floating approx 100m long, bargain \$3300 ONO. Ph: 02-587-3519.

SLOW COMBUSTION STOVE, Rayburn 620, very good cond. \$500. Ph: 069-536-106 AH.

BEAUTIFUL LIMITED EDITION Australian photo Christmas cards - happy midsummer solstice. Pack of 5 - \$10 + \$2 postage. PO Box 86, BYRON BAY 2481.

GRASSIFIEDS

MISCELLANEOUS

BIO-LOO COMPOSTING LAVATORY, VGC, hardly used. Needs 240V electricity. Uses no water. \$780. Ph: 076-682-171 (Dalby, Qld).

DREAMS & VISIONS reveal events of the near future. Books & literature avail from: Dreams & Visions Evangelistic Centre, MS 21, BOONAH 4310. Ph: 074-671-183, fax: 074-671-170.

FEELING LOW? Take pure Amazon rainforest GUARANA to feel better. GUARANA increases stamina, reduces appetite, eases stress & tension, eases headache, migraine & period pain. 20x500mg capsules (pocket pack) \$14.40, 60x500mg capsules (30 days pack) \$28.80, 50g tub (pure powder, 30 days+) \$12.95, 12 pieces Buzz Gum (chewing gum) \$2.60. LAPACHO another Amazon rainforest dietary supplement is extracted from the bark of the LAPACHO tree. LAPACHO assists in cleansing the body after illness. 60x50mg capsules (30 days pack) \$33.15. Postage and packing \$3.00 extra. Free packet Buzz Gum with orders over \$12. P&P \$3.00. Send money order/cheque (order sent when cleared) to: Better Health Products, PO Box 269, (Mallala Road), TWO WELLS, SA 5501. Ph: 085-202-377 (day or evening).

TIPIS, 10'-22' from \$460. Pioneer tents, tarps, awnings, tonneau covers, swag rolls. Sheepskin underlays. Leather, deerskin, suede or chamois clothing, any size or style, yours or ours. Indian and western style fringed gear a speciality. Wholesale prices. Est 10 yrs. Bojo Products, Melb 03-758-3616, all hours.

WIDDERSHINS handmade crystal and gemstone jewellery, ideal for 'new age' shops and market stall holders, price list and colour photos. PO Box 213, MOONTA 5558. Ph/fax 088-253-453.

TELL-TALES LOVE FACTS packs are a fun way to broach the more serious aspects of our hidden selves in order to be more open in our relationships. Answer over 100 delving questions & exchange with your loved one. Romantic love pledge included. \$10 to: Ms AL Pettrosso, RMB 19, NORSEMAN 6443.

ESSENTIAL OILS AND GEM ELIXIRS - order by mail! Wide range of pure, Aromatherapy grade oils PLUS our new line of exclusive Gem Elixirs. Use them to enhance your wellbeing! Money back guarantee. Write to: Trusaire 6#, PO Box 107, FORESTVILLE 2087 for free mail order information. Ph: Cate or Stefan, 02-452-3105.

BACH FLOWER REMEDIES - send \$7.95 per single remedy (or \$9.95 for each complex remedy of up to 5 essences per bottle) plus \$5 Express Post Australia-wide. We stock a wide range of energy essences - send SAE for homeopathic remedy and/or Bach Flower catalogue to: Mail Order Homeopathics, PO Box 1060(G), DEVONPORT 7310.

TABLE LOOM, four shaft, two reeds, VGC. \$100. Contact: Mrs A Knight, RMB 6024, COWES 3922.

To avoid disappointment ensure your ad meets our deadline

HANDCRAFTS

FRAGRANT CRAFT SUPPLIES direct from source - potpourris (botanical & gemstone), fragrances (inc similar to Chanel, Opium, etc.), botanicals (roses, lavender, orris, etc.), books, fragrant gifts, etc. We supply from beginner to chain store with great quality products at prices as low as \$14.40/kg (potpourri), or visit our extensive, centrally located showroom/factory outlet ... Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-482-2677, fax: 03-481-1393.

CANDLES, WIDE VARIETY of long lasting, perfumed & insect repellent candles avail. Prices for trade or personal use on request. Mail today for price list: Candles, 1575 Portarlington Rd, DRYSDALE 3222. Ph: 052-531-315, fax: 052-562-417.

ESSENTIAL OILS, POT POURRI & natural products - for all aromatherapy & fragrant craft work. We are the manufacturers & suppliers of raw materials for making massage oils, soaps, cosmetics & household products. Our extensive range includes: 100% pure & natural essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, pottery & containers. Buy from us direct, small or bulk sizes & save with our low prices. Write for FREE mail order catalogue to: Auroma, 39 Melverton Drive, HALLAM 3803. Ph: 03-796-4833, fax: 03-796-4966. Or visit our shop at 86 Burwood Rd, HAWTHORN 3122, ph: 03-818-2676.

THREAD BUNDLES, stranded cotton in bundles of 100, 8m skeins in assorted colours, \$29 post-free in Aust. Bankcard, Mastercard, Visa, money orders & chqs. Excel buys for schools, weavers & needleworkers. Arty & Crafty, PO Box 40, DAW PARK 5041.

WEAVING LOOMS, Lightweight 20 cm (8 in), 4 shaft sample loom specially designed for students, advanced weavers. Fully assembled with 4 reeds, 8, 10, 12, 15 dent. \$135 + postage/freight. Arty & Crafty, PO Box 40, DAW PARK 5041. Mastercard, Visa, Bankcard, cheques.

CANDLE MAKING KIT, contains 3 kg wax, four dye disks, wicking, instruction leaflet & mould sufficient to make twelve 50mmx100mm candles. Great gifts & wonderful hobby. \$28 includes postage. Send to: Elizabeth Candles, 1575 Portarlington Rd, DRYSDALE 3222.

ARE YOU ALLERGY OR ECZEMA PRONE? Have super-sensitive skin? In a synthetic world discover the REAL benefits of Tasmanian leatherwood honey care - luxurious handmade organic skincare, Tasmania's FRESH alternative. Handmade with care & pride using only Tasmanian leatherwood beeswax, honey & bio-dynamic Australian oils, flower waters, pure essential oils etc. NO petrochemicals (sorbolene, synthetics, chemicals, colours, preservatives). Earth safe - affordable - effective. Send SAE for catalogue to: Tasmania's Fra-

grant Earth, 3/328 Murray St, HOBART 7000. Ph: 002-344-259.

RITUAL BOXES, supplying all tools for empowering one's life; love, inspiration, prosperity, healing, protection, emotions, crafted to traditional recipes & not of recycled material. \$30 includes postage. Write: Spellcrafts, No 6 Ibis Crt, BARWON HEADS 3227.

WEAVING LOOM, 8 shaft USA AD-A, harness floor model. Width 70cm. Working order. Can produce great range of patterns. View NEWCASTLE. \$500 ONO. Ph: 049-621-069.

CROCODILE PRODUCTS - keyrings, wristbands, hatbands, and crocodile teeth avail, all at low prices. For more info ph: 070-930-407. Troposphere Leather.

BEADS! BEADS! BEADS! Unique selections of handmade glass, metal and wooden beads. Also findings, threads and kits avail. Cost \$8 for samples, colour copy and info. Write to: Tsunami PO Box 29, MARGARET RIVER 6285.

MAKE YOUR OWN EARRINGS KIT. Now only \$19.95 plus \$4.95 postage. (Reduced from \$49.95). Ideal present. Everything you need to make 30 pairs of earrings, incl pliers. Easy to follow instructions. Send cheque, money order or credit card details to: DL quality Crafts, PO Box 418, MULLUMBIMBY 2482. Ph/fax: 066-841-772.

KNITTED TOYS, over 40 different designs, eg. finger puppets, Bananas in Pyjamas, Santa, Mr Squiggle, dinosaurs, dogs, birds, bears, ducks, whales, elephants. Ideal presents. Send SAE for prices/description. J Haskard, 'Kingora Park', MS 646, KIN KIN 4571.

HEIRLOOM SEWING, your summer holiday project. Make your own beautiful blouses and lingerie with easy-to-sew kits. Fabrics are cotton voiles, batistes and cotton laces. For colour brochures send 4 stamps to: Effie Wood, Heirloom Kits, 11 River Reserve Rd, ANGLESEA 3230. Ph: 052-631-404.

STEINER WALDORF TYPE DOLLS kit, contains everything to make your own 33cm doll using natural fibres. Kit \$25 incl P&P, extra \$10 for pure wool filling: T Harvey, PO Box 654, CLOVERDALE 6105.

ARTISTS AND CRAFTSPEOPLE - make some extra Christmas money. I am looking for artists and artisans to display their talents in my gallery. Please write: Kaleidoscope Gallery, PO Box 223, DRYSDALE 3222. Ph: 052-532-232.

LEADLIGHT SUPPLIES by mail order. All you need for your leadlighting and copperfoiling is available by mail order. Send \$3.50 for our 46 page catalogue/price list. \$3.50 will be deducted from your first order. Send cheque or money order to: Mail Order Leadlight Supplies, 13 Lindsay Parade, GOOLWA 5214. Ph/fax: 085-553-521.

FOOD AND KITCHEN

QUEENSLAND MAIL ORDER. Macadamia nuts - raw, roasted, chocolate coated, cosmetics and much more. For free product list write to: Nellie's Nuts, PO Box 18, GLASSHOUSE MOUNTAINS 4518.

*Please print your ad clearly
so we can do likewise.*

GRASSIFIEDS

FOOD AND KITCHEN

POLLEN, NO ADDITIVES, 450g sample pack \$9, 1.9kg pack \$32.50, 4.7kg pack \$65, 14kg drum \$175. Prices include p&p. JM Read, 8 River St, MURRAY BRIDGE 5253.

HOME STONE FLOUR MILLS - mill your own stoneground wholemeal flour for cakes & bread with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-795-2725. Distributor enquiries welcome.

OIL SEED PRESSES. Made for home use. For more info contact: Dieta Pickering, PO Box 151, GOLDEN SQUARE 3555. Ph: 054-477-475.

GARDEN AND ORCHARD

TOBACCO SEED. Organically grown (Virginian), cultivation & curing notes incl. Send \$5 to Lyn O'Brien, C/- PO, BARMAN 3639.

EARTHWORMS for soil improvement. \$15/1000. Includes care instructions & postage Australia wide. Squorms Worm Farm (GR), The Gorge, FINCH HATTON, 4756. Ph: 079-583-359.

EARTHWORMS. Landsborough Earthworms can supply any quantity anywhere. Full information provided regarding cost & care. Contact us at: 38 Maleny Rd, LANDSBOROUGH 4550, or ph: 074-941-512.

COMPREHENSIVE CATALOGUE Australian Native Seeds. 1800 species. Price \$6 posted. Bliss Partnership, 'The Cedars', BUNDARRA 2359.

SEEDS OF UNUSUAL, useful Asian vegies, subtropical fruits, herbs, spices, fragrant, curiosities, cottage garden flowers suit hot weather. Open pollinated. Easy grow seeds. \$1 pkt, plants \$2.50 ea. Mail order only, no visitors please. For list send 3 stamps to Lorraine Blaney, Wallace Rd, BEACHMERE 4510.

EARTHWORMS, the 'speedy breeder compost worm' revolutionises your compost & transforms your garden. Just \$15 per 1000 worms. Price includes postage Aust wide & pamphlet on worm care. Wholesale prices \$40 per kg. Freight extra. Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633.

COMPANION PLANTING CHART. Over 90 vegetables, herbs & fruits, including plants as insect repellants. Sow When Chart. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$5 each + \$2.50 p&p (up to five copies). Plum Products (G) RMB 2907 BRUTHEN, 3885.

TREEGUARDS all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. International Reforestation Supplies, RMB 8600, BAIRNSDALE. Ph/fax: 051-579-404.

GROW YOUR OWN TOBACCO. Kit contains seeds & info incl how to grow & cure. \$20. Peter Gray, 59 Hinchinbrook Rd, BURRENBAR 2483. Ph: 066-771-697.

'NEW ORGANIC RESOURCE GUIDE' - Everything you need to know about everyone in the organic industry. A must for those with the first one. Order NORO and get a free copy of the first resource guide, \$6 posted.

DEADLINES: GR 107 - DECEMBER 19TH
GR 108 - FEBRUARY 24TH

'SEED PRODUCTION FOR THE HOME VEGETABLE GARDEN', A Barry, our best seller, great for the new gardeners who want to save seeds, but are not sure how, \$4 posted. From: The Henry Doubleday Research Association. Cheques or money orders made out to HDRA. Post to: Mrs Linda Hanlon, 254 Yarramundi Lane, AGNES BANKS 2753. Booklist also avail with an SAE.

HERBS, PERENNIALS, SHRUBS, over 600 varieties avail by mail order. All plants \$2 each. Send 3 x 45c stamps for list to: Flowers, Leaves & Spines, RMB 2743, MARYBOROUGH 3465. Ph: 054-614-390.

LEMONGRASS, 2 varieties, 6 barerooted plants for \$10.00 incl p&h & notes. Kerry Smith, C/- Post Office, ROCK VALLEY 2480. All states except WA. Ph: 066-337-189.

TAGASASTE SEED, autumn/spring planting. \$1.25/pkt \$1.50 p&p. (\$10 for 10 pkts). N Polito, Box 360, RENMARK 5341.

EARTHWORMS, IMPROVE your soil providing healthier plants, crops & FREE fertiliser. Contact us for FREE info on worms. We have the most comprehensive publication list avail on this subject. Worm World, PO Box 14GR, NORTH CAIRNS 4870. Ph: 070-581-891.

HERBS, PLANTS AND SEEDS by mail order from Heritage, Herb Garden & Nursery, 3 Gent St, BALLARAT 3350. Send two 45c stamps for our lists or visit us from Wednesday to Sunday and public holidays.

'PROPAGATION' - how to propagate by seed, grafting, cuttings & layering (& more) on video. Presented by John Mason. This & other videos (ie. Herbs, Landscaping, Natives etc). \$34.95 ea posted. Brochure avail. Australian Correspondence Schools, PO 2092, NERANG EAST 4211. Ph: 075-304-855.

TRADITIONAL SEEDS, Native WA seed for all amenity, rehabilitation & project planting. Send SAE for free lists. PO Box 715, BUSSELTON 6280. Ph: 097-541-919. Fax: 097-521-399.

RAINFOREST SEED COLLECTORS national link-up - buy, sell or grow local seed. \$12 or \$8 conc for quarterly newsletter: Rainforest Seed Collective Inc, PMB BELLINGEN 2454. Ph: 066-552-233.

COURSES

CORRESPONDENCE STUDIES. Diploma & certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin & Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety & Security Counselling, Personal Psychic Development, Traditional Wicca, Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-319-6166 bus hrs only.

DOWSING, a definitive home-study course in radiesthesia, dowsing & radionics for those

with enquiring minds! Rediscover the lost art of using natural radiations ecologically. Over 200 pages of comprehensive notes covering health, environmental & agricultural applications of this ancient art. The Academy of Natural Therapies, 23 Taree St, BURLEIGH HEADS, 4220. Ph: 075-934-650. Phone or write for a free brochure.

MAKE FRIENDS WORLDWIDE - learn at home the international language ESPERANTO. Personal postal tuition from \$23, info free. John Moore, 7 Pelican St, EMU PARK, Qld 4702.

HERBAL MEDICINE. The School of Herbal Medicine, estab in Australia in 1985, offers a one year home study course. For details, write to: PO Box 2310, TOOWOOMBA 4350.

HUNTER-NEWCASTLE PERMACULTURE. Courses at permaculture demonstration farm. Emphasis on practical use of permaculture tailored to individual situations. Property advisory services avail. Ph: June Andersen, 049-389-528, PO Box 22, PATERSON 2421.

FREE HOME STUDY COURSE, International Bible School. Find truth, peace & true love in this troubled world. PO Box 316, KALAMUNDA 6076.

PERMACULTURE DESIGN COURSE, temperate climate regions. Easter '95, 15th-24th April. Certificate course - fully accommodated. Only 20 places avail. Tutors: Vries & Hugh Gravestine. Venue: 'Willuna', Chiltern - NE Victoria. Contact with SAE: V Gravestine, RMB 1130, CHILTERN 3683.

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RARE OUTDOOR PIGS. Wessex Saddleback, weaners & breeding stock available. Contact E & H Clare, PO Box 546, CABOOLTURE 4510. Ph: 074-968-271.

HOLIDAYS

NATURAL HEALTH rejuvenation haven. Situated in a quiet rural bushland setting in the foothills of the Border Ranges of ntn NSW. Featuring: healthy lifestyle education, nutritional instruction, food preparation, vegan dishes, raw juice cleanse & detoxification programme, colonic therapy, steam baths, ensuite bedrooms, comfortable accom. The Retreat, GREVILLIA 2474. Ph: 066-364-275.

PERMACULTURE, dinner, bed & breakfast, knowledge & food at the Gravestine's farm - 3pm to 10 am. \$80 pp or \$150 p/couple, Booking essen, one month ahead. Practical experiences on site. Contact with SAE to: V. Gravestine, RMB 1130, CHILTERN 3683, or ph: 057-261-596.

RELAXING HOLIDAY, 15 km Coonabarabran. Happy, spiritual family of eight plus others, pretty 5 acre mini farm - bushwalking, creek, relaxing & playing games on large verandah, good vibes, circles & spiritual healing available. Basic accom \$10 per day, \$50 per week. Smokers welcome. No illegal drugs. Ph: Steve or Linda, 068-434-413.

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GRASS 75 ROOTS

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HOLIDAYS

B&B DOUBLE ROOM, colonial cottage, Brisbane bayside. Clean, comfortable, convenient. \$70 single/week, \$120 double, n/s preferred. Will also consider swap or working holidays. PO Box 589, WYNNUM 4178.

SOUTH COAST, DOUBLE ROOM, in private home, next to beach & headland, \$10 per night. Bookings: 4/14, High View St, SURF BEACH 2536.

BARRYRENIE CAMPING GROUND, Cowra, NSW, adj to Conimbla Nat Pk. Need a break? Escape to this quiet bushland setting, 42 ac of bliss, no overcrowding, basic facilities. Ph: Crystal, 063-429-239.

HOMESTAY AT CRYSTAL WATERS Permaculture Village, guided tours of the first community designed according to the principles of permaculture. K Spencer, 24 Crystal Waters, MS16 MALENY 4552. Ph: 074-944-725.

LA MANCHA HEALTH CENTRE, Lismore. For help with obesity, stress, chronic fatigue, smoking etc or have a healthy holiday. From \$390 pw. For brochures ph: 066-295-138.

FARM HOLIDAY EXPERIENCE: the opportunity to participate in small acreage intensive farming in a peaceful rural setting. Private, 2 b/r cabin; pet cows, calves, ducks, yabby dams, bush walks in adj state forest, abundant native birds. Rates from \$180 per weekend. Booking essen. Contact: Fiona, RSD R840, GRENVILLE 3352. Ph: 053-414-526 Ballarat.

STOKERS COTTAGE - Experience the country as the settlers did in our charming cottage nestled on a fern-lined creek. Tranquillity & birdlife surround you as you relax on the verandah. Stokers cottage has plenty to offer with scenic drive, close proximity to Mt Warning, historical Murwillumbah township & the exciting Tweed Coast. Complimentary Devonshire tea. Reasonable rates. Phone Marina for details, 066-779-508.

SERVICES OFFERED

THE PRIMAL PLACE. The transpersonal perspective holds that there is an essential unity underlying the diversity of humanity & the material world. The transpersonal vision is one in which compassion, love & responsibility are experienced for all forms of consciousness, & a global ecological vision of all life. The transpersonal experience enables us to contact & integrate aspects of ourselves & discover whatever dormant ability & potential that is unique to you but have lost touch with. Rediscovering those lost aspects of ourselves that continually intrude & spoil our enjoyment, pleasure & success of our own lives can bring about a profound & deeply meaningful state of 'being'. A new sensory awareness. A new consciousness. There is another way to 'be'. Those repressed aspects of ourselves inordinately effect us all of our adult lives & are expressed in other ways; discontentment, depression, anxiety, fear, nervous habits, isolation, loneliness, obsessional work & projects, use of drugs, aggression, anger, sexual dysfunction, inability to assert oneself, inability to

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relax and feel real pleasure. And in our r/ships. They also show themselves in a multiplicity of chronic psychosomatic complaints. We can be in a constant search, always in the wrong place. The transpersonal dynamic experience enables us to find the realms of the human unconscious to the gateway of personal transformation. Sooner or later we each must face ourselves honestly. Who we are. Where we came from. To what are we travelling towards. The Primal Place, 44 Curnow St, GOLDEN SQUARE 3555. Ph: 054-413-683.

ASTROLOGICAL FERTILITY CHARTS. Find out your monthly period of maximum fertility. Three years personal calendar (lunar-phase cycle). For more info, Astrobe Charts Service, PO Box 1262, COFFS HARBOUR 2450. Ph: 066-534-676.

ASTRO-MAPPING. Order your personal Astro-mapping kit and find out the best geographical places for love, success, happiness & relocation. Send name, address, date, time & place of birth + \$50 to Astrobe, Box 1262, COFFS HARBOUR, to receive maps & info booklet. For more info call 066-534-676.

HUMAN DESIGN ANALYST. Where are you heading? Who were you in previous lives? It helps to know. Cost \$40. For more info write: Butterfly Typing, PO Box 334, EDGE HILL, 4870, with your time-place-date of birth + sample of handwriting. Efficient, personal service. Fax: 070-322-008.

HOME PLANS. 90 plans for handcrafted homes & workshops of mud brick, rammed earth, stone & pole frame construction. Mail \$58 for *The Earth Builders Construction Detail & Plan Catalogue Volume 1*, to: John Barton, Building Designer, 31 Sharp Street, NEWTOWN, Geelong 3220, or ph: 052-224-249 for fixed quote to draw/document your home plan.

ALLERGY TESTING, 150 items tested using your hair sample. Send name, address, phone number, sample and \$70 to: Maureen Harmony, naturopath, The Centre of Healing Therapies, 203 Brisbane St, DUBBO 2830. Ph: 068-820-211.

FREE, WITHOUT OBLIGATION, an individually prepared 30 day bio-rhythm chart for your personal evaluation, when you send for details of the complete range of bio-rhythm charts and personality analysis plans avail. Relate the way you feel to the flow of your life energy rhythms. Just send your birth date and an SAE to: John Roberts, PO Box 295, MANJIMUP, WA 6258. Ph: 097-771-020.

ASTROLOGER/HERBALIST: I will answer your personal questions re health, natural remedies, compatibility, fertility, where to live, or any problem of concern. Your chart is calculated by me personally & has full handwritten or taped interpretation. Michael Sweeney, Lot 11, White Gum Rd, BARKERS CREEK 3451, Ph: 054-742-798.

RECYCLE YOUR DOMESTIC WASTE-GRASS 76 ROOTS

WATER. Convert muddy river or dam water into a usable water. Natural organic methods. For more information send stamped SAE. Includes DIY plans. DMD Systems, 13 Coralsea Rd, JERRAMUNGUP 6337.

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NEW! OUTRIGGER FISHING CANOES for \$100? U-build, u-sell. Learn how. It's fun, fitness and profit. Amazing new designs, fishing, sailing, building methods. For info send stamp to; CanoeWorld, PO Box 466, MERMAID BEACH 4218.

MAKE GOOD PROFITS distributing rosehip oil to your local shops & sell direct. Natural skincare product reduces & fades skin blemishes, scars, burns, pigmentation, spots & ageing lines, superb moisturiser. Send \$10 for sample, research info, testimonial & photograph to: Primal Products, 2a Knox Pl, NORMANHURST 2076. Ph: 02-487-4016.

SURVIVING 2000 BUSINESS PLAN. Organically grown, synergistically balanced food supplement. Very profitable home-based venture, only \$20 per month, no selling. Free report. Write: Garth Leippi, PO Box 77, CAIRNS 4870. **PERFECT HOME BUSINESS!** High income potential without inventory, selling or paperwork. FREE info. DM Walsh (Dep G), Box 219, NUNAWADING, 3131.

RESTAURANT OR CRAFT BUSINESS - Coonabarabran. We (Skywatch Observatory Pty Ltd) have just opened a new tourist attraction on the road to Warrumbungle Nat Pk and Siding Spring Observatory which together attract over 50,000 visitors annually. The main feature of our development is a public observatory (the professional observatories are closed to the public at night) and associated science-based activities, housed in a lovely mud brick building. We aim to attract school and tour groups as well as the general public - we will be open 2pm - 10pm daily. We also have approval from Council to incl a cafe/restaurant and a number of craft activities in the development - pottery, opal cutting, blacksmithing, painting, leatherwork, wood-turning, etc. If you are a chef or have a craft, would like to run your own business for whatever hrs suit you and would like to move to a lovely little country town, you may care to phone Max Mapleson on 068-422-425. Please note that there are GR - type people in the area and that there are small acreages for sale adj our site.

WE ARE TWO WOMEN looking for other women to share our mud brick, solar powered house on 20 ac of beautiful bush near Daylesford. Potential to build own dwelling. Children welcome. Ph: Karina or Molly, 053-345-246.

FREE ACCOMMODATION return for help with fencing, n/smoker, n/drinker, dog OK, organic farm. Dawa Lhamo, C/- Post Office, BLACKBUTT 4306.

SELL THE CHANNELLED BOOK, *Bending Towards Light*, and earn a generous commission. Write for details & reviews: PO Box 214, CURTIN, ACT 2605. Money back guarantee for sellers.

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SHARES AVAILABLE EXCLUSIVELY to committed people welcoming active involvement in developing Healing Centre in secluded rural setting. Approved MO, running healing workshops, planning other activities. Send SAE for programme. Yulunga, KYOGLE 2474. Ph: 066-897-231.

HEALTH & NUTRITION; run your own full-time or part-time business, involving an exceptional nutritional product. A simple yet revolutionary business programme with outstanding potential for those who wish to take responsibility for their health and financial future. For further details please contact: Oliver or Betty, PO Box 182, REGENTS PARK 2143. Ph/fax: 02-749-2624.

ACCOMMODATION AVAILABLE. My 5 yr old son and I live in a sml cottage near Camden. I am aiming to run a sml home-based herb nursery and art studio. Ideally we are looking for a young, happy, easy-going artist or gardener, vegetarian, n/smoker, maybe a single mum looking for a change. Own income essential - \$100 a week for a room. Space for veggie garden and close to schools. The opportunity is there and approved to contribute to a home-based business. Ph: Sue, 046-545-368.

FREE ACCOMMODATION offered in return for maintenance work in historic village of Carcoar, western NSW. Ideally suit young, energetic man. Phone Warren on 063-673-149.

CLUBS

AUSTRALIAN HERB SOCIETY. Members receive quarterly magazine, seed from seed bank free, access to tape lending library, write: the Secretary, PO Box 110, MAPLETON 4560.

NATIONAL ALLERGY ASSOCIATION of Australia (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

AFFILIATED DONKEY SOCIETIES of Australia. For info on membership, magazines & help avail write to: Mrs Pam Newton, PO Box 63, HURSTBRIDGE, 3099, and you will be contacted by the representative in your state.

GEORGE'S RIVER DISTRICT Spoon Club, members receive bi-monthly newsletter for membership. Write to: Secretary, 2 Josephine St, RIVERWOOD 2210.

PENFRIEND CLUB. International club for all ages anywhere. For more info send SAE to: PO Box 3, ROZELLE 2039.

CALENDAR EVENTS

BYRON BAY ARTS & MUSIC FESTIVAL, Jan 6, 7 & 8 '95. Many activities, workshops, performances, market stalls, international & organic food fair. For more info contact: Anna Young, 268 Bridge Rd, GLEBE 2037. Ph: 02-566-4145.

AUSTRALIAN PERMACULTURE CONVERGENCE '95, 20-23 Feb, Roseworthy Campus of University of Adelaide. Speakers, field trips, workshops & courses. For more info contact: Deidre Knight, 1 Regent St, PENNINGTON 5013. Ph: 08-331-3853, Sunday evenings only, 7-10 pm.

**DEADLINES: GR 107 - DECEMBER 19TH
GR 108 - FEBRUARY 24TH**

PUBLICATIONS

'ALTERNATIVE PLANS & PRODUCTS', 7th ed catalogue 1995. The 7th edition of this popular catalogue is now avail. The catalogue contains a comprehensive listing of books, booklets, plans & infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing plans, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle construction plans, growing plants for profit, solar powered water pumps, water purification, biological building, chemical hazards, earth energy fields & geopathic stress, infrasound, vivax bands. Other titles include steam engine generator construction plans, methane gas generator plans, electric vehicle conversion plans for conventional cars, fuel cell construction, solar ovens & water heater plans, solar furnace, vortex tube heat & cold generator plans, free energy machines & magnetic engines & generators, composting toilets, specialised house construction methods. Remote home power installation & comprehensive water desalination methods, polywater & the coanda effect & many other recent developments are covered with this edition. *Prosperity From a Pittance or How to Live on Less Than \$30 a Week*, is an eye-opener with many clever ideas for a sustainable, ecologically balanced future! For *The Alternative Plans Catalogue* send \$5 to: Alternative Plans, PO Box 487, ASHGROVE 4060 or 33 Woodview St, SAMFORD 4520.

'AUSTRALIAN TOBACCO'. How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$12 (postage included) to Lyn O'Brien, C/- PO, BARMAN 3639.

'AUSTRALASIAN HEALTH & HEALING'. Journal of alternative medicine. Australia's major health care quarterly, emphasising self-healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, \$4.95 ea, & by subscription, \$23.40 or \$29.90 with *Health & Healing Newsletter* per 4 issues (1 yr). Write: Australasian Health & Healing, 29 Terrace St, KINGSCLIFF 2487.

'NEXUS NEW TIMES' magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$25 pa. Nexus New Times, C/- PO, MAPLETON 4560.

'NIMBIN NEWS' is a co-operatively run access magazine with articles & info from Nimbin & other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bio-region is at the forefront in the development of sustainable systems. As networkers we

scan many magazines for suitable & scarce info for our readers. Subscription: 12 editions for \$25. Sample copy \$2.50. PO Box 209, NIMBIN 2480.

'THE OWNER BUILDER' MAGAZINE. Want to be a successful owner builder? *The Owner Builder* magazine has plans, money saving ideas, advice & articles on successful owner builders. *The Owner Builder* magazine is avail from newsagents or by subscription. \$24 for 6 issues. For more info write PO Box 974, BENDIGO 3550.

'THE PERMACULTURE EDGE' magazine for current info on applied permaculture worldwide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

'THE SEED SAVERS' HANDBOOK' by Michel & Jude Fanton, selling like hotcakes, a great Christmas gift. \$23 post paid. Box 975, BYRON BAY 2481.

'TAROT FOR YOURSELF' (mini-book), *Living Tarot - The Intuitive Journey*. These books by Ann Walker + many more on herbs, animals, Celtic Lore, palmistry also audio tapes & tarot cards from: 'Broomtail', 171 Eaglehawk Rd (PO Box 62), LONG GULLY 3550. Send for your mail order catalogue now.

ANIMAL BOOKS - 'YOUR DONKEY', 'CATS' COMPANY' & many more by post. Lists from: Broomtail Publications 171, Eaglehawk Rd (PO Box 62) LONG GULLY 3550.

BOOKS. NEW & OLD. Australian, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325 PORTLAND 3305.

DENISE LINN - acknowledged best-selling female motivator speaker has 7 new double cassettes avail at \$29.95 ea in the following areas: 1 - Past Lives and Beyond: 2 - Life Force: 3 - Journeys into Past Lives: 4 - The Way of the Drum: 5 - Weight Loss & Cellulite Reduction: 6 - Cellular Regeneration - How to Heal: and 7 - Complete Relaxation. Phone your order on 008 (free call) 817-609 (have your credit card handy). Or write to: Sound Reading, enclosing cheque (plus \$2 p&p each title), PMB 14, SINGLETON 2330.

'CYBLISIS - THE LEGEND OF TIME' A fantastic inspirational poetic love story drama that not only will inspire your own life but will uplift your hearts. You will understand the reality of true love and comprehend its meaning through pure delight as the dance unfolds the celestial magic of love. For your copy of *Cyblisis* please send \$14 plus \$3.50 p&p (NZ \$5.50) to Layan's International Enterprise, PO Box 696, BAULKHAM HILLS NSW 2153. Ph: 02-894-9003.

'WATER FOR EVERY FARM' new edition of PA Yeoman's classic book on water irrigation & farming is out now. \$35 posted from: Megalong Books, 183 The Mall, LEURA, NSW 2780.

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PUBLICATIONS

BOOKS – SPECIALISING IN ALTERNATIVE TITLES, Gumleaf Distributors. For a free catalogue & newsletter send your name & address to: Gumleaf Distributors, PO Box 2960, MT GAMBIER, SA 5290.

'MAKING MONEY TO LIVE ON': A Step-by-Step Guide to Starting Your Own Profitable, Income Producing Business by Herman Odijk, BA(UNE), GradDipTax(CQU). 186p. ISBN 0646201387, Herman's latest & fourth book. Based on business & taxation courses he has taught through Adult Education & Skillshare programmes. Designed for people who have great ideas but who have little or no money or knowledge of business & its financial/taxation & legal aspects, but who want to set up & operate their own business. Includes many models, businessplan & accounting examples, addresses, contacts, questionnaires etc. (Herman also writes regularly for *Grass Roots*.) Price \$24.95, includes postage. Payment with order please, to: Struck Oil Management Services, PO Box 112, MOUNT MORGAN 4714. Ph & fax: 079-382-162.

BOOKS BY MAIL, Mud brick, solar, wind, water & bio-energy, pumps, dams & other low technology manuals. Free catalogue from: 29 Chandos St, ASHFIELD, Sydney; or 16 Bay Rd, WAIHEKE ISLAND, NZ.

HYDRAULIC RAM PUMPS. Build your own for less than \$100. For detailed manual send \$25 to: 16 Bay Rd, WAIHEKE ISLAND, NZ, or \$20 Aust to: 29 Chandos St, ASHFIELD, Sydney; or send for free info.

'HEALING HARVEST', Michio Kushi's guide to sustainable home gardening & food production, from OPWA: PO Box 1013, BONDI JUNCTION, 2022. \$14.95, plus \$2 p&p. Or write for catalogue. Address as above.

DO YOU SEEK deeper meaning in your life? Send 45c stamp, more info to: Anne, Box 18, HYDE PARK, Qld 4812.

DONKEY BOOKS: Pack Donkey On The Trail, a DIY. *Walkabout with Donkeys*, an Oz Adventure, \$14.00 posted. \$26.50 for two. From author: Jenny Osten, PO Box 285, COOROY Qld 4563.

HOME SCHOOLING BOOKS, K-12, at affordable prices. All quality Australian material. Maths, English, Social Studies, Spelling. Includes all Peter Howard's books. Most books include answers. For catalogue send three 45c stamps to: Box 237 WERRIBEE, 3030. Ph: 03-741-1490 (2-10pm.)

'THE WORD OF GOD' – by God. As communicated in 1994. To get your unique, hand-bound edition send \$22 to: E Tarik, SOLARIA, via PMB No 18, NORSEMAN 6443.

HOME SCHOOLING. 69 page book *All You Want To Know About Home Schooling*, \$5. Box 237 WERRIBEE 3030. Ph: 03-741-1490 (2-10pm.)

'COMMUNITY – THE STORY OF RIVERSIDE'. Read this fascinating story of an intentional community founded in 1941 by pacifists in wartime. This is a well illustrated account of the struggles, personal & economic, in the

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development of a successful land-based enterprise. Send NZ \$16.00 to: Riverside Community, RD 2 Upper Mountere, NEW ZEALAND 7152.

NEED TO FIND A JOB? It's So Easy To Get A Job, is a guide booklet on 10 easy & effective methods to finding casual to permanent employment: Send \$5 (includes post & packing) to: Big Tinderry Publishing, PO Box 763, QUEANBEYAN 2620. Ph: 06-236-3256.

JUST PUBLISHED! Australia's most comprehensive divining manual, *People 'n' Pendulums*. Scientifically-based but easy reading. Many different applications. Obtain direct from author: Richard Foord, Box 242, EAGLEHAWK, Vic 3556. \$24.95 (postage free to GR readers).

'THE DMD BOOK OF SIMPLE WATER TREATMENT'. A comprehensive layman's guide to DIY water treatment. \$15.00. DMD Systems, 13 Coralsea Rd, JERRAMUNG 6337.

CREATIVE TEACHERS – home schoolers, parents. *Grammatike * Grammatikos* – a new teaching manual on language for senior primary by Alan Whitehead; based on Steiner spiritual creative principles. Send \$10 to: Golden Beetle Books, Box 481, MULLUMBIMBY 2482, or write for titles list. **FREE SAMPLE COPY:** of colourful, 64-page, quality textile magazine, *Textile Fibre Forum*. This publication covers all the textile arts in the Australian region & includes New Zealand plus an international component. Just write to: TAFTA, PO Box 38, THE GAP, Qld 4061, and send \$1.80 in new postage stamps to receive your free sample copy. You'll love this magazine. No obligation. (Subscription price is \$18.50/yr for 3 issues; \$36/2 years).

CONTACTS

PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

NEW SOUTH WALES

EUROPEAN, FEMININE, professional lady, health orientated, well travelled, homemaker. Wishes to meet gentleman, sense of humour, 56-66, view long term r/ship. From NSW, ACT or Tasmania. Brittany (GR 106), C/- PO Box 242, EUROA 3666.

IS THERE A FELLOW out there who's fled the city or is thinking of doing so? I'm 48, female, tall, fair, trim, stable, confused, still in Sydney, interested in almost everything (especially

music). Like to share your mid-life crisis? Please reply Robbie (GR 106), C/- PO Box 242, EUROA 3666.

I AM AN EMOTIONALLY, physically and spiritually depleted mature male, a victim of four year's drought on my property on the NW slopes of NSW. I am in grave danger of giving up. I need some intense support for a while to help me through my crisis. I spend so much of my time and energy just trying to keep everything alive that I am behind on all my projects, which are aimed towards producing species for survival and profit, and caring for the land. I am a safe person to be with, even when I am releasing emotion. I drink, smoke, and swear when appropriate. In return, I can offer a different experience in relating, of being in tune with nature in a very basic way, a ten foot caravan in the bush as accommodation, and food, mostly home-grown. There would also be satisfaction in seeing caring having obvious beneficial results. As an experienced therapist, I am willing and able to reciprocate support. The Feral Fossil (GR 106), C/- PO Box 242, EUROA 3666.

LADY LIGHTWORKER, 56, involved in healing, metaphysics, self-actualisation, music, singing. Calling like-minded guy to journey the path of our mission and purpose together. Bell (GR 106), C/- PO Box 242, EUROA 3666.

SCORPIO MALE, 42 yrs, Bellingen area. Creating retreat lifestyle. I like to share experience with female lover and best friend. Write to: Brian, PO Box 10, BELLINGEN 2454. Hopefully our paths are meant to join, wherever you are.

LONELY GERMAN (24) seeking humorous, easy-going, female companion for Wooofing around the world, own farm in future. Jens Krumpe, C/- Forman, Barrabooka Rd, TANJA 2550.

FINANCIALLY SECURE gay guy, lives on 500 ac property near Mudgee. Interested in meeting guy, 18-26. I'm 35, straight looking, very fit, of slim build, interested in most things in life. Any nationality. Steve (GR 106), C/- PO Box 242, EUROA 3666.

MID FORTIES lesbian. Seeking to change her single status. If you are open, warm, about my age, love life, good music, wine, cats, books, fun & love I'd love to hear from you. Contact: KS (GR 106), C/- PO Box 242 EUROA 3666. **LIVELY RAM**, 54, into art, music, dance, tantra, meditation, healing, plants. Wants share acres north coast NSW with woman similar interests. RA (GR 106), C/- PO Box 242, EUROA 3666.

HAPPY, INNOVATIVE WOMAN enjoying my 41st year. Straight-forward, many interests, love being active, making things, quiet times, dancing, singing, camping out, dining in, acting up. Mum to great little man – 5 yrs. Seeking gentleman 40-55 who enjoys life, love and a good laugh, living near coastal NSW or a good cool breeze. Contact: Susan G (GR 106), C/- PO Box 242, EUROA 3666.

If you doubt the wisdom of replying to any ad – trust your intuition.

CONTACTS QUEENSLAND

'MERLIN' CONTACTS Qld GR 104, mail gone astray, correspondents please write again. Merlin (GR 106), PO Box 242, EUROA 3666.

A FISHER: HENTY - would like to reply your letter three years old. Please reply: Christian (GR 106), PO Box 242, EUROA 3666.

EX-AUSTRIAN MALE, 44 yrs, reasonably happy and comfortable, invites soulmate in similar position to share his life for friendship/companionship. Please ph: 075-366-856, or write to: PO Box 845, TWEEDHEADS 2485. MALE, 36, working, interests include walking, gardening, dinners, GR lifestyle. Like to meet single lady, n/smoker, s/drinker, no hard drugs, for friendship/r/ship, interested GR alternative lifestyle. Brisbane area. Ross, PO Box 569, SUNNYBANK 4109.

I WOULD LIKE TO CORRESPOND with and/or meet people who are into ancient, symbolic, nonrationalistic thought modes perhaps via astrology but also other paths. You may consider clothes a form of bodily oppression. You'd be very sparing with meat, alcohol, caffeine. You may be 'lazy' in terms of a destructive & exploitative economic system, but otherwise intelligent, philosophical, improving. You probably consider the 20th century city uninhabitable. Reply: Alex Smith, PO Box 7032, REDLAND BAY 4165.

AUSTRALIAN, GENT, 49 yrs young, near Cairns, seeks slim, genuine female, perhaps 30-early 40s. View long-term r/ship. If you're interested in rural lifestyle on a diversified organic farm, and willing to work for tomorrow, with a hardworking, very honest man, I'd like to hear from you. Am n/s, n/d, 5'10", 11 1/2 stone, blue eyes, a one-woman man. Children very welcome. Contact: Ross, PO Box 251, RAVENSHOE 4872. Ph: 070-976-604 evenings.

MINER FOR A HEART OF GOLD. Good looking male, 5'10" high, slim build, n/smoker, l/drinker. I live in a brick cottage surrounded by gum trees, overlooking the sea near Sarina beach. Seeking a slim lady to 45 for lifetime r/ship. My interests are whale-watching, fishing, travel, growing fruit, antique furniture, Reiki, nature. It is unimportant where you live as I like to travel. All letters answered. Photo appreciated. Please write or call me. Stephen Brady, M/S 2011, Sarina Beach Rd, SARINA 4737. QUIET-NATURED FEMALE wishes to meet clean-shaven, working or financially secure male, 33-42 yrs, n/s, n/d, interested in GR lifestyle. All replies with postal address and return postage answered. LK (GR 106), C/- PO Box 242, EUROA 3666.

LADY, EARLY FIFTIES, attractive, blonde, caring & honest, n/s, s/d, would like to meet a genuine, & caring gentleman who would be willing to share or buy a half-share in a slice of heaven in the Bundaberg area. New home, ten mins from the beach in a lovely area. I am a herpes sufferer and would like to meet someone in the same situation. Among my various interests are, classical & c&w music, gardening, & a self-sufficient lifestyle. Please send a

GRASSIFIEDS

DEADLINES: GR 107 - DECEMBER 19TH
GR 108 - FEBRUARY 24TH

photo, will return one. MC (GR 106), C/- PO Box 242, EUROA 3666.

PETITE WOMAN, 44, wanting to develop friendship/r/ship with creative caring man living GR lifestyle. I am a Libran looking for peace & tranquillity. Would enjoy working hard to create self-sufficient environment. I love nature, organic gardening, reading, cooking and am a great animal lover. (I have a small dog.) I'm interested in spiritual development, metaphysics, personal growth & natural healing. Lateral thinker, meditator, broadminded, n/s, s/d, and enjoy a good laugh. Please write to: Jenny (GR 106), PO Box 242, EUROA 3666.

FEMALE READY for the good life with a loving, gentle, interesting man, preferably central Qld area but not necessary. I am 46 yo. I love life, camping, gardening, personal growth, meditation, GR lifestyle, and music. All letters answered. Please write: Lyn (GR 106), C/- PO Box 242, EUROA 3666.

LONELY LEO LADY, MID 50s, seeking genuine gent, about 6ft, over 13 st. I like beards - longer the better, long hair, never moody, prefer no children, c&w or quiet music, beach walking, s/d, vegetarian, casual dressing, please send photo, will return same. All letters answered. Waiting to hear from you. Phyllis, PO Box 1507, Sydney St, MACKAY 4740.

VICTORIA

WOMAN - SEEKS similar corresponding souls (Nimbin, Byron Bay & Bellingen especially). Some of my interests: nature, Mozart, yoga, dance, food (yum), humour, arts, all higher (positive) knowledge, intuition and love. Elfie (GR 106), C/- PO Box 242, EUROA 3666. NEW TO CHEWTON/CASTLEMAINE AREA. Gay couple, 42 and 32, wishes to meet similar. Interests are the great outdoors, handcrafts, haunting markets, enjoying life. Drop us a line. Phillip and Dale, Ormond Cottage, CHEWTON 3451.

IF YOU ARE A HOMEMAKER, a 45 yo (or thereabouts) nature girl from the bush who knows trash from treasure, needs from wants, heard of schizophrenia, write to 58 yo male with inventive spirit, sometime 'garbologist', ex-engineer, whose interests are tuned to today and the tomorrows. 'Tippety', PO Box 181, RUSHWORTH 3612.

FEMALE 31 YEARS OLD, broad-minded, good communicator, honest, relatively easy-going, creative, self-motivated, self-aware and LIFE-wise. Seeking the same in a gentle, yet strong and positive well-built man 30-40. Sense of humour essential. No bad attitudes. No extremists. Please reply openly to: CJ (GR 106), C/- PO Box 242, EUROA 3666.

ATTRACTIVE CAPRICORN LADY, petite, 50 yrs young, blonde. Where is a sensitive, fun loving, communicating male? I love the beach, bush, culture, boats, children, travelling, beards.

Reply: Andie (GR 10), C/- PO Box 242, EUROA 3666.

VEGETARIAN, living in south coastal Victoria, 39, seeks female who's also vegetarian to share life with. Age 30-40. Ph: After 6.30 pm, 052-887-319.

CYCLING ST KILDA GENT seeks cycling Port Phillip lady, 35-50, for company on bayside rides and beyond metro area. Ph: 03-534-5607.

SWEET FERAL ANGEL is on the hunt for her Mountain Man (or a Grizzly Adams or a Daniel Boone). First time on offer is this nature-lovin' biker-cowgirl-hippie-rebel-GR lady who is old-fashioned where it counts. Love homemade (I do it better than Sara Lee), home-grown, homelife, big spaces and roaming free. I am 33 yrs, 5 ft 9in, slim and strong with blue eyes. A true individual, eccentric, creative and adaptable. I believe in God, the Ten Commandments, and living an ethical existence. However, I don't practice religion, dogma or go to church. My type of man would be 35-45 yrs, about 6 ft, have longish hair and beard, a strong back and a build that's come from a bit of hard yakka. I want to settle in the high country in nth-east Vic or Tassie. My tastes are anti-modern and my records comprise blues, country rock, blue-grass and 60s & 70s. I have two Alsatians and I enjoy riding and driving horses. I can get by without sport, mobile phones, TV, videos, microwave ovens, CDs, radio, computers, consumerism, etc, etc, but I am still attached to my fridge, washing machine, stereo and a hot bath. V//s/d. Initially friendship would be welcomed, and, if there's a flame, engagement and my hand in love and marriage. Children welcome, but sorry - no divorcees please. Tickle my fancy, and I'll tickle your innards. Write to: Sweet FA, PO Box 74, YARRA JUNCTION 3797.

SOUTH AUSTRALIA

MALE, SLIM, FIT, 50, divorced. Starting again, sml cottage, old-fashioned values, one-woman man, honest, respectful, loving. Loves old cars, dogs, cats, children, beach, bush, fishing, darts, gardening, cooking, pool, warm fires, music, movies, nights home. Searching for a one-woman woman, who is looking for a quiet, loving & sharing r/ship. If it feels right do it! Contact: Keith, all answers replied to. Photo? Keith, Box 104, KAROONDA 5307.

WESTERN AUSTRALIA

MALE, THIRTIES, bearded building tradesman, 5'8", slim, Aussie, wishes to meet and hear from natural, earthy, free and easy lady (20-35), with no attachments. Interested in cruising the highways and byways of the wild west Harley Davidson style. Private city living. View to make good friendship and together good times. Write to: Mark, 18 Irvine St, BAYSWATER, WA 6053.

AUSTRALIAN MARRIED COUPLE, mid 20s, slim, attractive, into permaculture & mud brick. Seeks single lady to share our love, lives, lifestyle and 23 acres. Kids/pets OK. All letters genuinely answered. South-west WA. Replies to: LLC/- PO Box 25, POPANYINNING 6309.

CONTACTS

WESTERN AUSTRALIA

DENISE, unsure if you got our letters, genuinely interested. Please reply to: LL, C/- PO Box 25, POPANYINNING 6309.

OTHER

PENFRIENDS OVERSEAS/AUSTRALIA. Please send SAE, PO Box 3311, WESTON 2611, AUSTRALIA.

OVERSEAS CHINESE GUY, late 30s, humorous, fit, n/s, working in Africa. Like to correspond with Australian woman, view to long-term friendship etc. Please write - photo to: James Bond, Chinese Agricultural Mission, Box 28 Nkotakota, Malawi, AFRICA. I'M KUSNANTLA PUJA NAND (Fijian), Libra, 19 yrs, 5'2", 48 kg, short hair, dark complexion, outgoing personality. Likes: reading, sport, conversation. Seeks caring male friend in Australia. Write: C/- Mohini, PO Box 197, KILMORE 3764.

FILIPINA, 5'1", 31 yrs old, slim. Like to write to responsible man in Australia. Reply to: Evangelina, C/- PO Box 587, KINGAROY 4610. I WISH TO have elderly male & female penfriends from Australia. I am unmarried, Christian girl, 26 yrs. Hobbies are stamps and coin collection, social service, singing religious songs. Would like to correspond with gents and ladies from 26 to 85 yrs. Miss Suseela Emalya, C/- Post Bag No 27, Secunderabad-H.O-500003, A.P.STATE, INDIA.

GENUINE FILIPINA LADY 27 yrs with aunt in Queensland wishes to meet good hearted man, single, 28-30 yrs for friendship - view to perm r/ship. Please write with enclosed photo: C/- Post Office, Torquay, HERVEY BAY 4655. GENUINE FILIPINO MEN ages 20,23, 25 with aunt in Queensland wish to meet Australian ladies with same ages for friendship - view to perm r/ship. Please write with enclosed photo: C/- Post Office, Torquay, HERVEY BAY 4655. FREE CONTACT LISTING. Free passive membership. For information and listing and membership forms, send SAE to: Morticia's Manse,

GRASSIFIEDS

PLACING AN AD?
See page 68 for details

42 Hinkler Parade, MAROOCHYDORE 4558. THAI-LADY 23 yrs old, widow and mother of a 4 yr old girl, wishes to meet a real man, not a handsome nut over 35 yrs. I prefer a n/s gent with commonsense and not a drunk. I like farming, gardening, music, dancing, crafting, travelling. I am currently living in Thailand. Please send photo. Supan (GR 106), C/- PO Box 242, EUROA 3666.

LATE GRASSIFIEDS

FOR SALE, WIMMERA AREA, 8 km from town, 38 ac, good fencing, 2 paddocks, dam & tank water, huge shed 60'x30', single garage, other shedding, horse yard. Three b/r brick house, high ceilings, fair carpets, OFF, lounge, gas cooking & heating, elec HWS. \$80,000 ONO. Contact owner direct, 053-972-337.

FOR SALE, GIPPSLAND EAST, 9 km Swifts Creek, school bus route, 29 ac. Half timbered. \$46,000. One and a quarter ac with nut trees \$18,000. Write: PO Box 57, SWIFTS CREEK 3896. Ph: 051-594-317 AH.

FOR SALE, ROCKY HALL, FAR SOUTH COAST, 177 ac nth facing, backing onto Coolangubra Forest. Ph/elec avail, mail service, school bus to Wyndham, Bega. Urgent sale. \$60,000 ONO Ph: 064-942-294.

FOR SALE, EAST COAST TASMANIA: Affordable lifestyle in small town. Well maintained cottage on lge block. Three b/rs, car accom, workshop, hothouse, woodshed, storage shed, Saxon wood heater, town & tank water. Easy walk to shops, hotel, library, High School, hospital, golf course, 10 minto beaches. \$42,000. Ph: 003-722-186.

FOR SALE, BYRON BAY: Large block & dwelling. Tropical garden, peaches, mangoes, natives, surrounding big older-style house. Timber floors, 3 b/rs, big workroom, shed, pump, r/water, s/c fire. Close shops, school, pub, beach. \$160,000. Ph: 066-853-786.

WANTED, RELIABLE PERSON(S) to rent 100 ac, shed, c/vans. Abundant water. \$50 per week. Ph: 066-445-667, or 067-376-678. HEALTHFOODS, growing business in growth industry T/O av \$14,809/mth. Sole operator. Could introduce organic fruit, vegies for greater t/o. Asking \$65,000 + SAV. Call Geoff Horner on 065-626-144 BH, 065-625-281 AH. Win-some First National, 38 Smith St, KEMPSEY 2440.

BIORHYTHM CHARTS can help you forecast your daily physical, emotional & intellectual cycles. You can be in better control of your life with this special info. Especially helpful for partner compatibility cycles when you are at your best together! A full year Biorhythm Chart & info package is now avail for only \$10 each or \$15 for 2 incl postage. Send your name, full date of birth, return address, with cheque or M/O to: BIORHYTHMS, PO Box 751, BEGA, NSW 2550.

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'NEW' PERMACULTURE CORRESPONDENCE COUSES: Introductory, design certificate, plus courses tailored to meet your interests/needs/time/mobility. \$15 (refunded upon enrolment) full details. 'Permaculture Visions', 280 Cordeaux Rd, MT KEMBLA 2526.

OUTGOING - SINGLE MUM, 31, n/s, light s/d, lives Monaro area. Loves horse riding, snow & water skiing, dancing. Looking for male friend with similar interests. Write: Nicki (GR 106), C/- PO Box 242, EUROA 3666.

Please refer to page 68 for details on how to advertise

Sender's Name For issue no/s
Address Classification
..... Postcode Cost

Cost for advertisements is 40c per word.

Poetry

I FIND PEACE

*I find peace on a blanket
in the shade,
surrounded by beauty
no man could have made,
in the lacy patterns
of shadow and sun,
and well tanned legs
on the beach for a run.
In the curve of a flower
the voice of a rhyme
in the power of storms
and the stillness of time,
lights in the eyes
of an innocent face,
the dance of a forest
and its leafy embrace;
A touch of warmth
from the sun's dying rays,
and to know I'll have love
for the rest of my days.*

Sharon Lee Goodhand.

TOXIC BLOOM

*We saw the ibis
rise above the marshes,
soaring upwards in formation
to the sun.
Below, the red gum forest
waited their return.*

*The marsh is dying,
said the scientist.
Civilization has tamed the river,
harnessed it, used it
for things alien to the land.
He picked up a stone
and tossed it
towards the dead trunk
of a red gum.*

Laurel Lamperd.

NIGHTFALL

*Old man comes out to dig fondly
in his strip of street garden;
last touch of the good earth
before going in to dine.*

Diane Beckingham.

SAND MOVED

*Push away waves of sand.
A belt of green grass, trees
and cultivated fields in
the tracks of deserts.
The sands marauded for centuries.
Now they roll over each year
in suspenseful nurturement.
No more dust, but pollen
and bugs and the like.
Once desolate now lush
pastures, smells of the brush.
Once huge sandy lakes,
now idyllic forests.
Is this too going to be one
of man's ecological mistakes.*

T M Collins

THE LAST ONE

*As I was sitting in my chair,
One early summer's day,
I heard a winging swallow call
'There is no food today'*

*I wondered how I knew his words
And why he was so clear.
It seemed to me I'd heard his call
Much earlier in the year.*

*He said there was a solemn day
That fast was drawing near.
The sheltered rock we knew so well
Was due to disappear.*

*Why did I in my apathy,
Fail to heed his worth,
for they are always on the wing
And see the trembling earth.*

*Too late I saw the split appear
And knew the end was near.
Fate had planned for all but me –
Why did I have to hear.*

Sylvia Roddenby.

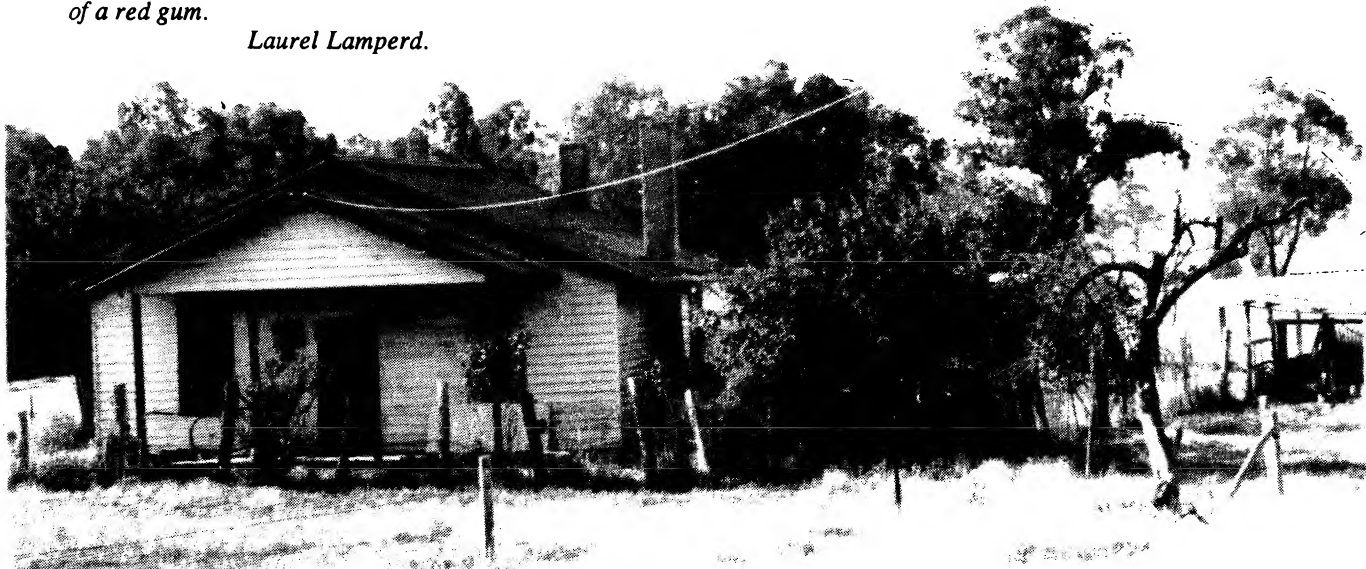
DEATH OF A TREE

*What Ho? No landing patch? And the blue wrens
dither, looking for what was there yesterday,
a dying tree. But a tree nevertheless.*

*We have chainsawed it down. Clear piercing
sound in the soft country silence.
And carted the branches away to a funeral pyre
of dismembered arms and sighing eyes.*

*But see, I plant more flowers, more colour,
dig more organic matter into the worm rich soil.
So come again, blue wren, flash your authentic
hue, in the contrived tints and tones of my garden.*

Lorraine Marwood.





Gumnut Gossip



by Megg Miller.

I started today with aching shoulders and a headache, a legacy of over-ambitiously scrubbing and painting sheds at the weekend. My complaining muscles brought to mind a conversation shared only days previously with Mary and Margaret, about the sedentary appeal of office work. Our leisure time activities are far from relaxing and we each find the necessary sitting at work a relief after the weekend's labour. Mary maintains a large and attractive garden, Margaret helps with the strawberry farm/tourist complex she and hubby run as well as waitressing in the restaurant at night, whilst my time goes into raking up loose feathers and chook droppings and managing the poultry and their environment. It goes without saying that we limp into work, and wince with every movement. I'm sure many readers will relate to this, having also fallen prey to the 'just one or two more little jobs before dark' syndrome. We look enviously at Kim our typist, who at 21 has the time (and energy!) to swim or socialise after work and rages at the weekend. Was it Oscar Wilde who suggested youth was wasted on the young? It does seem a little unfair that the busiest and most demanding period in life coincides with a slowing down of the body while the young have energy to burn and lithe and flexible muscles – and little interest in gardening and chook sheds!

The last month seems to have had more than its share of natural disasters with bushfires, unseasonal cold weather and gale-like winds. Overseas of course were terrible floods. And these destructive phenomena were in addition to the ongoing drought and its debilitating effects. What amazed – and disgusted – me at the time was the virtual downgrading of news on the fires, in particular in the daily paper. Sensational overseas stories were accorded greater importance. I'm sure I wasn't the only reader to take exception to trumped up details of the Royals' love lives or feel outraged by an intrusive photo (on the cover, naturally) of a father's grief at the funeral of his tiny sons. Years ago a subscriber wrote in to say they enjoyed GR because it was one of the few magazines that didn't feature the Royals, Jackie O and whoever else was marketable at the time. It is sad when the courageous efforts of everyday Australians are relegated to a lesser status because tackiness is perceived to be more

saleable. Our concern goes out to all those affected by these destructive events. We know appropriate practical help is usually available at the community level, but often it is dealing with the emotional turmoil that is most difficult and we wish those affected well as they pick up the threads of everyday life again.

On a more cheerful note, we were thrilled with the recent arrival of our Livestock Index. Although it's only a slim publication it represents hours and hours of searching and checking. As you can appreciate, scrutinising 100 issues is no mean feat, and we have Margaret to thank for this. Locating information in back issues can be both time consuming and frustrating, especially if you need it in a hurry. We hope the Livestock Index will make accessing material easier for you.

Next year we will be looking at producing appropriate indexes for other subject areas, a great relief for me because at the moment I'm trying to maintain a reputation in the office for having a photographic memory. Whilst I can't keep track of my current affairs, I can recall pretty accurately whether an article is on the right or left hand page, an approximation of where it might fit in the page numbering system and usually within one or two magazines of the actual issue. The more magazines we publish, the harder it's becoming to recall. It is essential we get the indexes published before my co-workers see that I'm losing my grip. Margaret is presently wrestling with copies of 'While the Billy Boils' so clearly our next index will cover GR recipes. It must be difficult sorting through all those delicious recipes when your tummy is rumbling late afternoon.

With the festive season imminent and gift giving uppermost in mind, don't forget that a subscription to GR makes a wonderful gift. For years now we've offered the gift subscription at a reduced rate but because a considerable number of people were giving it to themselves we realised it would be just as easy to extend the special offer to everyone. No need now to fill the gift coupon in 'To Me, from Me'! A year's subscription at the Christmas rate is no dearer than many of the glossy calendars that are often given. It's also an easy alternative to shouldering through the Christmas shoppers as you search for something suitable. Don't forget too that we send a Chrissy card out

with notification of the gift and its bountiful giver.

Over the course of a year we receive many requests from organisations and newsletter editors for permission to reprint specific articles. It's fascinating to see the diversity amongst the groups that approach us. A delightful request we received recently was too nice to keep to ourselves, and we thought you would enjoy sharing it. It referred to the article in No 104 on 'Preserving Heritage Fruit' and was sent in by Cherry Axel. 'This article was intensely thought provoking and brought back many colourful pictures and memories of the past. I would like to reproduce it in our Newsletter to share the interest and generate rich memories of the past for the older participants in our programme. DoCare is a community organisation, operating in the metropolitan area of Melbourne, providing support for people over 60 years of age living independently, who feel a sense of isolation. We link people in the programme with a volunteer visitor who visits weekly to offer and receive friendship. Our main focus is to increase social networks and one of the ways we can best do this is to provide stimulating opportunities for people to revisit their memories of the past. This article will instantly inflame many thoughts and memories. On a personal level, thanks for the magazine. It is not only full of fascinating things to read and do, but also provides the opportunity to refocus the vital, down-to-earth quality of life principles, which in the high density city environment we can tend to lose sight of.'

This is the nicest Christmas gift we at GR could receive. We all gain immense satisfaction from knowing that we are shaping a product that is useful, enjoyable and brings people together in a positive and meaningful way. But the fact that it can rekindle rich memories and bring joy and comfort to people, especially those encountering loneliness or isolation, adds a new dimension to our work. Thank you Cherry for taking the time to write and let us know how you're using the information. We hope others will be encouraged by your work and dip into the pages of GR for inspiration and enjoyment.

Mary, Margaret, Christine, Rob and Kim join with David and myself in wishing you a joyous celebration at Christmas, and a prosperous and peaceful 1995.

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Scoured and carded natural coloured and white wool tops. Plain dyed and blended shades of 22 micron merino blended with cashmere; angora rabbit; camel, kid mohair; alpaca; flax; kid mohair/silk; kid mohair/silk/alpaca; alpaca/silk/camel/kid mohair.

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THIS IS HOW EASY YOU CAN DO IT WITH OUR EXTRACTOR
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NO DECORING OR PEELING OF FRUIT IS NECESSARY.

Fill container 1 with water and place together with juice container 2 on **any stove or hot plate**.
Fill basket 3 with approximately 4.5 kg of fruit or vegetables (Apples, peaches, berries etc or a mixture of fruits or vegetables).
Place basket 3 into juice container 2 and seal with lid 4.
Boil water for 10-15 minutes depending on type of fruit or vegetables used.
A list of fruit types, steaming times and instructions come with the Bioactive Fruit Juice Extractor.
After required steaming time has elapsed, open tube clamp 5 on the juice container and fill your hot washed bottle to the top with the extracted and pasteurized juice.
(Approximately 2-3.5 litres depending on the ripeness and type of fruit and vegetables used.)

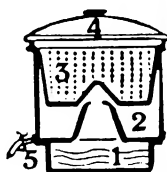
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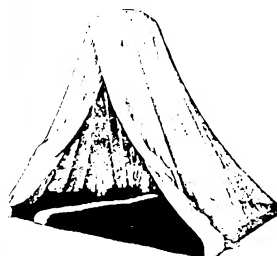
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Trade enquiries welcome

Please mention this magazine when ordering

MISSABOTTI IMPORTS

MOSQUITO NETS



Elegant 'INDIAN' design

3mtr Drop

2.5mtr Circumference at base

100% Cotton

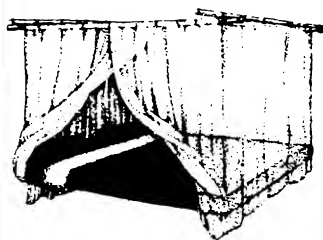
Floor to ceiling door

Hoop included

To fit King, Queen, Double

(Also comes in Single/cot size)

Large \$100 Single \$55



Spacious 'EAST ASIA' design

100% Cotton

Comes in four sizes

	Drop	Lth	Wth	
King	2.5mtr x 2mtr	x 2mtr		\$100
Queen	2.5mtr x 2mtr	x 1.5mtr		90
Double	2.5mtr x 2mtr	x 1.3mtr		80
Single	2mtr	x 2mtr	x 1mtr	50

Prices include
postage and handling within Australia.

Unlike synthetic fibres pure cotton allows maximum ventilation and does not attract dust. In a range of sizes to suit all tastes and bed-sizes, these AAA quality nets come with a money back guarantee.

A peaceful nights sleep for the whole family pesticide free, bug free.

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